

PHYSICAL EDUCATION

GRADE 1

Course Objectives:

Physical Education focused on developing fundamental movement skills through exploration, guided practice and game participation while instilling a positive attitude. The overall goal of the program is to build self-confidence in the students, develop physical and social skills.

Texts:

Main Topics Covered:

Semester 1

- Class management: *Squad lines*
- *Foot coordination*
- Track and field: *40M sprint, Broad jump, run relay, Frisbee, 400M run*
- Locomotive movement: *running, jumping, leaping, galloping, sliding, crawling*
- Swimming: *Breaststroke, freestyle*
- Awareness: *Body spatial, direction run*
- Non locomotive: *Pushing, pulling*

Semester 2

- Futsal: *ball touching, Dribbling, passing, kicking, game*
- Manipulative: *tossing/throwing, rolling, bouncing, striking/fielding, volleying*
- *Foot coordination*
- Supporting games: *Dodge ball, chasing games, treasure bean bag*
- Basketball : *introduction Basketball: dribble and passing*
- Swimming: *Backstroke and butterfly style*

Assessment

External	Internal	Weighting
<i>None</i>	<ul style="list-style-type: none"> • Skill Test • Attitude and Effort • Participation • Road Runner • Fitness 	20 20 20 20 20
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