PHYSICAL EDUCATION
GRADE 3

Aim of Physical Education

Develop students' motor and games skills and equip them with the knowledge, skills and attitudes to pursue and enjoy a physically active and healthy lifestyle.

Course Objectives

The school's PE programme should seek to develop in each student the ability to:

a. Perform and enjoy a variety of physical activities with understanding

b. Develop and maintain physical health and fitness through regular participation in physical activities

c. Demonstrate positive self-esteem through body awareness and control

d. Understand and apply thinking skills to PE

e. Demonstrate the spirit of fair play, teamwork and sportsmanship

f. Acquire safe practices during physical activities

Main Topics that will be covered throughout the year

Fundamental Movements	Games	Health & Fitness Management	Athletics	Swimming
Refine, extend and increase the complexity of locomotor, non-locomotor and manipulative skills.	Demonstrate skills acquired in various modified games. a. Mini - Tennis b. Ultimate Ball (Ultimate Frisbee) c. Mini - Futsal (3 V 3)	Demonstrate an understanding of the benefits of physical well-being.	Acquire the knowledge and skills to perform fundamental athletic movements of throwing, jumping and running.	Swim one recognised stroke for 25m continuously. **1. Front-Crawl / Freestyle** **2. Breaststroke**
		Select appropriate physical activities and perform them safely in order to maintain a healthy lifestyle.		Demonstrate confidence in water without buoyancy aids.
				Understand pool and water safety.

Assessment

External	Internal	Weighting (%)
None	• Skill Test • Attitude and Effort • Participation • Road Runner • Fitness	25 20 20 20 15

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