

PHYSICAL EDUCATION

GRADE 5

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

Texts

Main Topics Covered:

Games	Health & Fitness Management	Athletics	Swimming
Demonstrate an understanding of concepts and skills acquired in various modified games.	Demonstrate an understanding of the F.I.T.T principle and the principles to achieve health and fitness benefits.	Acquire the knowledge and skills to perform fundamental athletic movements of throwing, jumping and running.	Swim one recognised stroke. 1. Front Crawl / Freestyle 2. Breaststroke 3. Backstroke 4. Butterfly
Demonstrate an understanding of rules of the games of simple modified games; a. kickball b. Mini - Volleyball c. Captain's Ball d. Dodge Ball	Demonstrate various type of workout exercises and routines		Demonstrate confidence in water without buoyancy aids.
			Using a buoyant aid accompanied (non-contact) rescue of a person 10m from safety

Assessment

External	Internal	Weighting (%)
None	<ul style="list-style-type: none"> • Skill Test • Attitude and Effort • Participation • Road Runner • Fitness 	30 20 20 10 20

Staff:

Yudita Damayanti (yudita@acsjakarta.sch.id)

Rangga (rangga@acsjakarta.sch.id)

