

# *PHYSICAL EDUCATION*

## *EC KA & KB*

**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*
- Body Balance : *Standing, balance with support, bench balance*
- Locomotive movement: *running, jumping, leaping, galloping, sliding, crawling*
- Swimming: *Buble, Water Safety, Water confidence*
- Awareness: *Body Parts, directional*

**Semester 2**

- Non-Locomotive Movement : *Bending, Swinging, Twisting, pulling, dodging*
- Manipulative: *tossing/throwing, rolling, bouncing, striking/fielding, volleying*
- *Foot coordination*
- Supporting games: *chasing games, parachutes*
- Swimming: *Kicking, Streamline*

**Assessment**

External	Internal	Weighting
<i>None</i>	<ul style="list-style-type: none"> <li>• Skill Test</li> <li>• Attitude and Effort</li> <li>• Participation</li> </ul>	30 30 40
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