

Physical Education in Gr. 1 – 3

Sport and Games:

The Gr. 1-3 curriculum requires 2 hours of Physical Education per week. All students will experience and be exposed to the various sporting codes during one hour of the allotted time. Students will learn the basic sport specific skills required to participate in the various sporting codes as an individual or part of a team.

During this phase of development we do not encourage competitive team sports as students of this age are still learning how to cope socially and emotionally with winning and losing and are still developing the skills required to be a good sportsman.

Term 1	Term 2	Term 3	Term 4
Athletics	Karate	Mini Hockey	Athletics
Swimming	Soccer	Netball	Mini Cricket
	Tennis	Soccer	Swimming
	Netball	Mini Cricket	
	Cross Country	Cross Country	

Gr 3's have extra optional seasonal sports available in the afternoons e.g. Club swimming, athletics, hockey, soccer, netball, cricket and cross country.

Perceptual Development:

In the other hour of Physical Education the following skills are developed:

- Fine motor skills – these skills refer to precise and specific responses.
- Gross motor skills – these refer to larger movements, usually involving the whole body.
- Perceptual motor development – this refers to hand-eye coordination and the ability to judge speed, direction, distance and various movements usually requiring a quick reaction time.
- Body awareness – this refers to awareness of different areas of the body, the location/position thereof and also basic functioning of the body parts.
- Spatial orientation – this refers to the understanding of the space around the body and the relationship between an object and the body.
- Midline crossing – this refers to the ability to cross the middle of the body.
- Laterality – this refers to focusing on one side of the body, usually the dominant side for various skills. We also alternate sides of the body to broaden lateral awareness.
- Locomotion – refers to muscle use to move the body forwards, backwards and sideways at varying speeds of starting and stopping.
- Rotation – this refers to the action of moving the entire body around a single axis point, clock wise and anti-clockwise. Included in rotation skills are medial and lateral rotation, forward rolling, tumbling and rotation of different areas of the body.
- Elevation – this refers to the upward movement of different structures of the body. Included in elevation skills are hopping, jumping, skipping and leaping. Also included in elevation skill development are flexion and extension (bending and lengthening), adduction and abduction (towards or away from the midline of the body).
- Balance – this refers to the ability to remain upright and in control of body movements. This includes the body as a whole, an isolated area of the body, or more than one area/limb at a time.