

Physical Education in Gr. 4 – 6

Sports and Games:

The Gr.4 - 6 Curriculum requires 1 hour of Physical Education per week. We have added an extra hour thus all students will experience and be exposed to 2 hours of the various sporting codes during the school day. Students will learn 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 encourage competitive team sports. Students of this age are capable of coping socially and emotionally with winning and losing and are striving towards demonstrating good sportsmanship.

Some of the skills that are encouraged and taught complement the life skills and values we aspire to. These are:

- Time management
- Decision-making
- Consequence of choice
- Leadership
- Helpfulness
- Self-discipline
- Healthy lifestyle

Term 1	Term 2	Term 3	Term 4
Athletics	Hockey	Netball	Athletics
Pre-season hockey	Soccer	Soccer	Cricket
Swimming	Cross Country	Cross Country	Soccer
		Cricket	Swimming

In addition to the one hour during school time, we offer extra hours of optional seasonal sport in the afternoons e.g. Club swimming, athletics, hockey, soccer, netball, cricket and cross country.