PHYSICAL EDUCATION (GENERAL)

LEVEL 5

Subject Focus: Fundamentals

1] I can travel along an agility ladder following set drills as well as create new drills for my partner to follow.

2] I can travel through an obstacle course which includes going over and under obstacles, zig-zagging through a slalom while changing speed and direction.

3] I can balance on 1 body part on my own on both stable and unstable surfaces.

4] I can balance on 1 body part with a partner on both stable and unstable surfaces. I can work responsibly with my partner and accept and provide feedback on my performance from both peers and teachers.

5] I can travel in various ways along different pathways using different feet patterns and rhythms.

6] I can throw and receive various implements over different distances while exploring my surrounding space.

7] I can travel along a path and round obstacles while dribbling a ball.

8] I can skip a rope consistently at my own rhythm.

9] I can react to acoustic stimuli through a change in speed while running.

Subject Focus: Games

1] I can identify the different positions required to play a particular game.

2] I am aware of the basic rules of different games.

3] I can perform the basic skills required to play a particular game (Throwing & Catching, Passing & Receiving, Dribbling & Shooting).

4] I can move into space and therefore create space in simple situations of 2v0, 3v0, and 4v0.

5] I can follow instructions to achieve understanding and perform basic skills.

6] I can take simple decisions during the course of the game (When to shoot, when to pass etc.)

Subject Focus: Athletics
1] I can distinguish between long distance running (400-600m) and a sprint (40-50m) and the different start position for each race.

2] I can run with proper technique (proper hands, big strides, land on ball of the foot and straight body posture)

3] I can pass over a baton stick when running a relay and run clearly over low obstacles -20/30cm hurdles

4] I know how to jump from two feet, shoulder width apart, using the proper technique (hands forward, bending knees, feet together, tuck knees) and landing steadily to two feet

5] I can distinguish between jumping for height and jumping for distance

6] I can throw an implement from a standing position using the correct technique (alternate limbs)

7] I can grip the implement steadily in hand

8] I can throw the implement with the proper start and final direction (two handed overhead throw, two-handed backward throw, one-handed overhead throw, side-way throw), using left and right arms.

9] I can throw the implement combining height and distance (rainbow movement)

10] I am aware of the basic rules of the three main disciplines (throwing, running and jumping)

11] I can push myself to new personal best results

12] I can compare my results to those of others towards a healthy competition.

**Subject Focus: Swimming**

1] I am able to perform horizontal floating in different positions on back, on tummy, face in water using floating aids. I am able to perform a star position with arms and feet open wide.

2] I am able to lift up my legs parallel to the water surface.

3] I am able to kick (travel) in three main strokes: freestyle, backstroke and breaststroke kick using floating aids.

4] I am able to point my toes, while keeping my legs going up and down alternatively from the hips to perform the freestyle kick using floating aids.

5] I am able to point my toes, while keeping my legs going up and down alternatively from the hips to perform the backstroke kick using floating aids.
6] I am able to move my legs synchronously to execute a frog kick to perform the breaststroke kick using floating aids.
7] I am able to tread the water by moving the legs and keeping my body upright with the head above the water.
8] I am able to float in a vertical position with the arms extended sideways and sculling back and forth while keeping the head above the surface.
9] I am able to show a responsible behaviour in the changing rooms while changing from P.E. Kit to swimming attire and vice-versa.

**Subject Focus: Gymnastics**

1] I can practice taking weight on hands activities through balancing individually and in groups.
2] I can explore different rolling skills, travelling movement and body shapes.
3] I can practice individually or in groups, different coordination actions linked with speed and balance (symmetrical and asymmetrical).
4] I can be able to understand instructions to combine skills; balances; rolls and jumps individually and/or together with a partner.
5] I can understand the principles of take-off and landing with the use of different gymnastics equipment and then emphasize control on different jumping skills.
6] I can be able to combine different gymnastics skills into a short sequence; with a beginning and an ending position.
7] I can be able to involve gymnastics apparatus into a sequence.
8] I can recognise and take safety precautions when handling equipment and be aware of other students and the surrounding.

**Subject Focus: Educational Dance**

1] I am aware of my body; where it can go, what it can do, when it can move.
2] I am able to move around respecting personal and general space.
3] I am able to understand and respect different abilities around me.
4] I can ask or receive feedback from peers and teachers.
5] I am able to improvise to music on my own or with a partner.
6] I am able to copy or mirror a partner.
7] I can move into space using different speeds.
8] I am able to describe my own movement and that of others.
9) I am able to link different movements together.
10) I am able to identify different genres of music.

**Subject Focus: Outdoor Education**

1) I can read a map with basic instructions
2) I can go from one point to another using child-friendly maps.
3) I can interact with other individuals to accomplish basic routes.
4) I can identify obstacles to accomplish basic adventures journeys.
5) I am able to identify the importance of proper trekking/orienteering equipment.
6) I am able to prioritise equipment in order to carry fewer loads in my backpack.
7) I am able to explain the essential items needed for the outdoor activity.
8) I am able to take all the precautions needed to safely cross a road.

**LEVEL 6**

**Subject Focus: Fundamentals**

1) I can design and set up an obstacle course which includes equipment such as the ladder, hoops, sticks, hurdles and balance paths which my peers can travel through and vice-versa.
2) I am able to identify safety risks associated with the design of the above.
3) I can perform various dynamic balances such as squatting, walking and moving on various stable and unstable equipment.
4) Orientation: I can coordinate my movements to travel in space in relation to another action. (Moving into space to receive a ball, defend an area etc.)
5) Differentiation: I can differentiate my movements according to the desired outcome such as gauging the strength required to pass a ball over a short distance vs a long distance.
6) Transformation: I can perform a strength exercise (push ups, crunches etc.) immediately followed by a skill activity such as basketball shot or football shot.
7) Combination: I can combine run through the ladder while passing and receiving a ball.
8) I can design a custom exercise routine which can be used at home by members of my family.
9) I can react to visual and acoustic stimuli through a change in speed while running.
**Subject Focus: Games**

1] I can keep my tactical position and understand the basic knowledge of a simple game (3v3, 4v4) in its phases of possession and non-possession.

2] I can understand the basic rules of different games.

3] I can perform the skills required to play a particular game (Marking, Intercepting, Tackling, Service, Setting & Volleying).

4] I can play in more than one position within a small-sided game version (3v3, 4v4 or 5v5) and therefore understand the importance of being part of a team.

5] I can move into space and therefore create passing angles (invasion games) or move to and from a base position (net games).

6] I can communicate verbally with teammates in simple situations and small-sided games.

7] I can read the game and be proactive by being in the correct position.

8] I can apply basic game situations and perform basic skills during the game.

9] I can take decisions during the course of the game (when to attack a player, when to pass to a free teammate etc.)

10] I can solve basic game situations of numerical advantage such as 4v1, 5v2.

**Subject Focus: Athletics**

1] I can run a long-distance run (600m) and a sprint (60-80m) using the proper technique and correct start.

2] I can pass over a baton stick using an upward/downward movement in a shuttle relay.

3] I can run clearly over 40/50cm hurdle.

4] I can perform a jump with a run using the proper take-off technique and landing steadily on 2 feet.

5] I can jump for height and for distance in combination.

6] I can jump for height over a hurdle landing on soft-mats.

7] I can throw an implement with a run-up (javelin style throw) and the follow through action.

8] I can push a ball from the neck (shot-put style throw).

9] I can throw a quoit with a side-way motion (discus style throw).
10] I know the basic rules of the three main disciplines (Throwing, running and jumping)
11] I can push myself to new personal best results
12] I can compare my results to those of others towards a healthy competition.

**Subject Focus: Swimming**

1] I am able to swim without floating aids.
2] I am able perform sculling and treading the water using the correct technique for arms and legs.
3] I am able to perform at least 2 strokes out of 3: freestyle, backstroke and breaststroke with and without floating aids showing basic coordination and timing between arms and legs.
4] I am able to perform a straight jump (legs first entry) and a dive (head first entry from deck.
5] I can identify major muscles while performing the mentioned swimming strokes.
6] I have the skills to participate in swimming events outside the school environment.
7] I can show respect for self and others through appropriate behaviour while participating in swimming events or competitions.
8] I am willing to receive positive and negative feedback that help me improve my future performance.
9] I can identify foods that are beneficial before and after physical activity.

**Subject Focus: Gymnastics**

1] I am able to develop better coordination of spatial awareness, pathways, directions and levels.
2] I am able to improvise movements by linking up actions and ideas in pairs in group or individually using a variety of apparatus.
3] I can have a better understanding of the benefits of static of dynamic stretching to improve flexibility and acknowledge main muscle groups.
4] I can be able to work to improve body tension and timing by exploring shapes and rolls.
5] I can develop more balancing skills, including inverted balance while emphasizing on support and counterbalancing.
6] I can perform together with a partner using apparatus to explore shapes, balances, jumps and rolls.

7] I can give constructive feedback to each other’s routine by acknowledging the different skills involved and mention other ways to improve a sequence.

8] I can combine skills and actions that make up a sequence with the use of music including a better understanding of speed, levels, directions and body shapes.

**Subject Focus: Educational Dance**

1] I can use my body more confidently to express movement whilst respecting personal and general space.

2] I can receive and respect feedback from others.

3] I am able to identify my strengths and weakness.

4] I am able to identify between two movement factors.

5] I am able to describe specific dance vocabulary. (e.g. arabesque)

6] I am able to follow relationships with partner or group. (e.g. unison and canon)

7] I can describe, apply and change two or more movement factors. (Time, Weight, Space and Flow)

8] I am able to match facial expression to movement. (e.g. skipping happily = smiling)

9] I am able to identify different styles of dance and genres of music.

10] I am able to perform in front of a class, individually or as a group.

**Subject Focus: Outdoor Education**

1] I am familiar with using a compass.

2] I am able to find directions using a map.

3] I am able to travel using cardinal directions (such as North West of the Church)

4] I am able to identify how to avoid the risk of injuries.

5] I am aware of the importance of outdoor natural habitats.

6] I am able to accomplish simple skills (performing basic knots)

7] I am able to distinguish my role as an individual and working within a team.

8] I am able to use my coordination to overcome given obstacles such as climbing structures.