

Gymnastic

	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6 / 7
Locomotion	animal walks					
Supporting and balancing	balancing on different body parts, standing balances. walking balances. balancing and shape making.	balancing on different body parts. balancing using hands as a support. balancing with a partner.	one leg balances balance stunts (back bends, squat balance, head stand) inverted balances (tripod stand, frog stand)	balance exploration with equipment and apparatus (balance benches, chairs, hoops, mats) partner balances	balance exploration in co-operation with a partner pyramid building in twos, threes, and fours	inverted balances tucked frog stands, wall headstands, curl up headstand, kick head stand) balance beam (jumps, routine building)
Rotation around body axes	forward and backward rolls. introducing rocking and rolling.	forward and backward roll forward and backward roll variation	body axes rolling forward / backward roll cartwheel	forward roll (progression, using apparatus) backward roll (progression)	roll and balance combination (dive roll, low dive roll over a ball, dive roll over objects)	hand stand variations partner and group rolls roll combinations
Springing and landing		develop springing and landing technique.	springing and landing from apparatus spring board (take-off, spotting) spring board (stunts and shapes, sequence building) balance bench (walks, travels, stunts, dismounts)	forward roll (progression, using apparatus) backward roll (progression)	head spring, hand spring, springing stunts perform the bench walks in the correct posture. perform stunts while traveling on the bench.	head spring, hand spring, springing stunts horizontal bar-grip horizontal bar-hang and swings introduction to parallel bar

Introductory Activities

	Grade 1	Grade 2	Grade 3
Introductory Activities	organisation signals movement signals starting positions / group signals	organisation signals formation signals movement signals starting positions	organisational breaks tempo change breaks partner breaks / stunt breaks workouts

Fitness Activities

	Grade 3	Grade 4	Grade 5
Fitness Activities	major muscles and bones workouts aerobic exercises	Measuring heart rate Aerobic exercises	Measuring heart rate Aerobic exercises Work outs

Movement Awareness

	Grade 1	Grade 2	Grade 3
Movement Awareness	exploring personal and general space exploring directions pathways and patterns exploring levels exploring levels exploring skipping, galloping and side stepping exploring non-locomotor actions creative movements	exploring ranges exploring body shapes creative movements travelling on apparatus skipping, side-stepping, galloping, sliding, creeping and crawling making movement sequences making movement sequences rocking and rolling actions	rocking and rolling actions contrasting movements springing and landing body shapes on apparatus body shapes sequences, dynamic balances exploring time and forces exploring partner and group relationships

Athletics

	Grade 6	Grade 7
Running drills	running technique high knee lift running A. B. C starts standing start crouch start(medium) sprint crouch start, relax and moderate speed relay baton exchange visual non-visual	running techniques high knee lift (jog, run) running A.B.C striding technique starts standing start crouch start sprint middle distance, long distance running (up to 5000 m)
Long jump	hang style determine take off foot approach take off flight	hang style hitch kick take off flight landing
High jump	scissor kick approach angle approach angle take off	scissor kick approach angle approach angle take off

Aquatic activities

	Grade 1	Grade 2	Grade 3	Grade 4 / 5	Grade 6	Grade 7
Aquatic activities	free style	back stroke	butterfly stroke leg kick, arm action, body movement, breathing	free style back stroke	breast stroke leg action, arm action, combined arm and leg action, co- ordination, breathing	breast stroke perfecting breast stroke till they can do competitive swimming in breast stroke
Aquatic skill	water familiarization buoyancy mobility introduction to deep water			front-crawl tumble turns revising the “competitive swimming” activities of grade 3 perfecting free style till they can do competitive swimming perfecting back stroke till they can do competitive swimming		
Safety survival	awareness of dangers which exist in the aquatic environment survival techniques					
Competitive			grab starts,	turns	medley turns,	breast stroke turns

swimming			underwater glide, back-crawl start back-crawl spine turn		individual medley start, team work	
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First Aid

	Grade 6	Grade 7
Bleeding	direct pressure, elevation, pressure point technique, tourniquet internal bleeding, nose bleeding	
Breathing problems	hyperventilation	
Common injuries	burns, bruises, blisters, eye injuries, head injuries, splinters	
Muscles injuries and cramps		muscle strains and tears
Unconsciousness		fainting heart attack stroke
CPR		what is CPR when CPR is needed steps of CPR
Fractures, sprains and dislocation		splinting, sprain, dislocation

Primary games program 1-2

Running	<ul style="list-style-type: none">• executing proper running technique.• starting, stopping and dodging.• changing direction and speed.• moving into open space and avoiding others.
Controlling ball with hands	<ul style="list-style-type: none">• rolling ball with one or both hands.• bouncing a ball with right and left hand.• throwing a ball with two-hand, one-hand under-hand, and one-hand over-hand throws.• catching ball with two-hand underhand and two-hand over hand catches.
Controlling ball with feet	<ul style="list-style-type: none">• kicking a stationary or moving ball.• dribbling with both feet and in various directions.• trapping ball with feet or shins.
Projecting ball with hand or implement	<ul style="list-style-type: none">• striking a ball with one or both hands.• striking a ball with stick or bat.

Individual and team sports

	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7
basket ball	dribbling, passing and receiving lead ups to basket ball	dribbling on the run, passing and receiving lead ups to basket ball	overhead pass, lay up, bodywork, foot work, fundamentals	changing of direction, determination of receiving height	show skills in target shooting and the angle of approach
soccer	dribbling, trapping and kicks	tackling, punt kicking, goal keeping, four a side soccer	control dribbling, heading, six a side soccer, tackling	perform different skill in passing and receiving show skills and agility when playing	perform dribbling in competitive style. show skill in heading. miniature football
volley ball		ready position, the overhead pass (the set), court positions, underhand serve	setting, the bump, underhand serve	Miniature game	Miniature game