

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Physical Education Syllabus Grade 1-7

Aims

Introduce the basic physical movement patterns, to enable readiness for movement in sport for lifetime recreation.

Explore the capabilities of the body in both expressive and practical situations

Develop skills for the management of the body in specialised activities such as gymnastics, athletics and aquatics.

To develop the appropriate qualities needed for competitive and creative sports.

Develop initiative, determination and self esteem.

Outcomes

Achievement of a personalised physical fitness level

Development of competency in a variety of physical skill to assure that students can function effectively in a selected physical activities

Students acquire requisite knowledge related to motor skill performance and fitness maintenance

Content

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First Aid 6-7

Gymnastic

Topic	Objectives	Activities
Locomotion	Explore different weight bearing activities through fun	Animal walks
Supporting and balancing	Explore different stationary balances	Balancing on different body parts, standing balances, balancing and shape making
Rotation around different body axes	Rotation around different body axes, transference of weight & flexibility	Rocking, rolling Leads to forward & backward roll

Introductory activities

Topic	Objective	Activities
Introductory activities	To arrange children in various formation quickly & without confusion	Organisational signals
	To get children to move quickly	Movement signals
	To quickly organise & position the class for any activity	Starting positions / group signals

Fitness activities

Topic	Objectives	Activities
Fitness Activities	To strengthen the major muscles. To improve the sense of rhythm.	workout
	To generate an atmosphere of fun and challenge & to enhance listening skills	Partner break / stunt break
	To get children to move quickly after a period of inactivity	Tempo change breaks

Movement awareness

Topic	Objectives	Activities
Movement awareness	To introduce space awareness using various movements	Exploring personal and general space
	To introduce directions while doing various movements	Exploring directions pathways & patterns
	To explore the rhythm in skipping and galloping	Skipping, galloping, side stepping

Athletics

Topic	Objectives	Activities
Running drills	To develop running techniques	Running technique High knee lift Running ABC
	To improve co-ordination and hand movement	Starts Standing start Crouch start
Long Jump	To introduce the techniques used in long jump	Hang style Determine take off foot, approach

Aquatic activities

Topic	Objectives	Activities
Water familiarization	To introduce student to water	Entering water, leaving water, breathing activities, submerging
Free style	To introduce students to free style swimming	Gliding (with & without aid), leg action, arm action, dog paddle
Safety	Students will learn some dangerous sea creatures	Dangerous sea creatures

Primary games program

Running	Running in open space and avoiding others. Changing directions and speed. Starting, stopping and dodging.
Ball controlling with hand	Rolling ball with one/both hands. Bouncing ball with left/right hands. Throwing a ball with one/both hands. Under hand throw, over hand throw. Catching a ball with one/both hands
Ball controlling with feet	Kicking a stationary/moving ball. Dribbling with both feet in various directions. Trapping ball with feet
Projecting a ball with hand	striking a ball with one or both hands. striking a ball with stick or bat.

First aid

Topic	Objectives	Activities
What is first aid	Know the importance of first aid	Talk about children own experiences
Bleeding	Know the different pressure points & measures to take if a person is bleeding	Direct pressure, pressure point techniques, tourniquet, internal bleeding, nose bleeding.
Common injuries	Know the measures to be taken when a person is injured	Burn, bruises, blisters, eye/head injuries, splinters

Individual and team sports

Football

Volleyball

Basketball



Assessment

Process evaluation

The first concern in psychomotor domain is the process. Can the child perform the general motor pattern using the correct technique?

Lowest level

The child learn the basic motor patterns

Mature level

The child accomplishes the skill the technique to a degree of appropriate usefulness for that age

Process evaluation involves a checklist format. Criteria governing proper technique for the movement pattern are listed and the child's performance is checked against these points

