MOVEMENT COMPOSITION	GRADE 1	GRADE 2	GRADE 3	GRADE 4	GRADE 5	
Learning Outcomes	Maintains stillness on different bases of support with different body shapes	Maintains stillness on different bases of support with different body shapes	Maintains stillness on different bases of support with different body shapes	Maintains stillness on different bases of support with different body shapes.	Balances on different limbs, under control, for a sustained time.	
	Transfers weight from one body part to another in gymnastics	Transfers weight from one body part to another in gymnastics	Leaps using a mature Pattern	Transfers weight from hand to feet, varying speed and using large extensions (handstand,cartwheel)		
	Rolls with either a narrow or curled body shape.	Rolls with either a narrow or curled body shape.	Transfers weight from hands to feet for momentary weight support.	Combines balances and transfers into a sequence of movements	Jumps and lands in different ways, safely and under control.	
	Works in a team to creatively express emotions and ideas	Works in a team to creatively express emotions and ideas	Combines balances and transfers into a three-part sequence	Works independently and safely in physical activity settings.	Moves their body rhythmically, in time with music.	
		Follows and performs simple teacher selected dance steps.	Actively participates in Physical Education lessons	Performs a sequence of movements, smoothly transitioning from one skill to another	Creates new and different ways to travel across, around or over objects of different heights.	
		Self create dance steps and perform following a simple count movement pattern	Identify rules and fair play when participating in physical activities	Builds trust with teammates by supporting physically or offering constructive feedback.	Takes risks, after assessing capacity and safety.	
			Combines movement sequences to create and present an original performance.		Builds trust with teammates by supporting physically or offering constructive feedback.	
	PE CONCEPTS					
	Skills (S)	The learner demonstrates competency in a variety of motor skills and movement patterns.				

MOVEMENT COMPOSITION	GRADE 1	GRADE 2	GRADE 3	GRADE 4	GRADE 5	
	Understanding (U)	The learner applies concepts, principles, skills, strategies and tactics appropriately. Game rules are understood and followed.				
	Participation (P)	The learner engages in both team and individual settings with a postive attitude. Resilience, determination, creativity, teamwork and collaboration are demonstrated.				

NET GAMES	GRADE 1	GRADE 2	GRADE 3	GRADE 4	GRADE 5
earning Outcomes	Strikes an object, sending it forward over a low net or to a wall (S)	Strikes an object, sending it forward over a low net or to a wall (S)	Strikes an object, sending it forward over a low net or to a wall (S)	Strikes an object, sending it forward over a low net or to a wall (S)	Apply hand-eye coordination by controlling a ball or shuttlecock.
<u> </u>	Apply hand eye coordination by controlling a ball or shuttlecock (S)	Apply hand eye coordination by controlling a ball or shuttlecock (S)	Apply hand eye coordination by controlling a ball or shuttlecock (S)	Demonstrating spatial awareness by predicting open spaces in both offense and defense movements (U)	Apply strategies such as rules or a match plan to successfully play a net game.
	Reflect and refine individual skills through teacher feedback (P)	Reflect and refine individual skills through teacher feedback (P)	Reflect and refine individual skills through teacher feedback (P)	Reflect and refine individual skills through teacher and peer feedback (P)	Demonstrate different hitting techniques such as forehand, backhand, serve, or volley.
	Predicts the path of the ball after it has been hit, in order to successfully return it to the partner (U)	Predicts the path of the ball after it has been hit, in order to successfully return it to the partner (U)	Predicts the path of the ball after it has been hit, in order to successfully return it to the partner (U)	Accepts players of all skill levels into the physical activity.	Recognize that acting upon instructions and being aware of others helps to ensure safety.
					Reflect and refine individual skills through teacher and peer feedback.
					Move quickly to return a ball or shuttlecock and return to ready position.
	PE CONCEPTS				
	Skills (S)	The learner demonstrates competency in a variety of motor skills and movement patterns.			
	Understanding (U)	The learner applies concepts, principles, skills, strategies and tactics appropriately. Game rules are understood and followed.			

NET GAMES	GRADE 1	GRADE 2	GRADE 3	GRADE 4	GRADE 5
	Participation (P)	The learner engages in both team and individual settings with a postive attitude. Resilience, determination, creativity, teamwork and collaboration are demonstrated.			

TEAM GAMES	GRADE 1	GRADE 2	GRADE 3	GRADE 4	GRADE 5
_earning Outcomes	FMS	FMS			BALL AT FEET
	Kicks a ball with feet passing to a partner (S)	Controls and kicks a ball with feet, successfully passing to a target (S)	Demonstrate basic offensive and defensive skills in a range of invasion games. (S)	Demonstrate basic offensive and defensive skills in a range of invasion games. (S)	Transfer offensive and defensive skills to a range of contexts.
	Controls a ball when bouncing with their dominant hand (S)	Controls a ball when bouncing with their dominant hand (S)	Devise and apply offensive and defensive tactics and strategies in modified games. (S)	Devise and apply offensive and defensive tactics and strategies in modified games. (S)	Devise and apply offensive and defensive tactics and strategies in modified games.
	Successfully throws an object underarm (S)	Catches a self tossed object with hands, not trapping or cradling against the body. (S)	Demonstrate movement skills in a variety of invasion games. (S)	Demonstrate movement skills in a variety of invasion games. (S)	Demonstrate movement skills in a variety of invasion games.
	Catches an object from a self-toss or tossed by a skilled thrower	Successfully throws an object underarm and overarm (S)	Participate effectively in team/group work activities. (P)	Participate effectively in team/group work activities. (P)	Participate effectively in team/group work activities.
	Hops, gallops, jogs and slides using a mature pattern. (S)	Hops, gallops, jogs and slides using a mature pattern. (S)	React quickly in attack and defense, mo	React quickly in attack and defense, moving to space. (U)	Understand and apply the rules and tactics needed for successful participation in team games.
	Works independently and safely with others in a variety of class environments (team and large groups) (P)	Works independently and safely with others in a variety of class environments (team and large groups) (P)	Reacts positively during team selection and encourages team during play. (P)	Reacts positively during team selection and encourages team during play. (P)	Demonstrate basic offensive and defensive skills in a range of invasion games.
	Activitely engages in lessons and understands the connection between effort and improvement (P)	Activitely engages in lessons and understands the connection between effort and improvement (P)	Pass accurately choosing the most appropriate throw for the situation (S)	Pass accurately choosing the most appropriate throw for the situation (S)	Be prepared and recieve the ball under control.
			Dribble with one hand with the ball under control (S)	Dribble with one hand with the ball under control (S)	Pass accurately choosing the most appropriate pass for the situation.
				Understands the basic concept of invasion games and able to explain peers	Dribble with one foot with the ball under control.
	Cooperative Games	Cooperative Games			BALL IN HAND
	Applies simple strategies and tactics in chasing and fleeing activities. (S)	Applies simple strategies and tactics in chasing and fleeing activities.			React quickly in attack, moving to space. (U)
	Observes rules and fair play when participating in physical activities (U)	Actively participates in Physical Education lessons			Reacts quickly in defence, marking up. (U)
	Follows teacher directions for safe participation and proper use of equipment (P)	Identify rules and fair play when participating in physical activities			Attack - Let the ball carrier know you are free (U)
	Works cooperatively with a partner or team, understanding this leads to increased success (U/P)	Works cooperatively with a partner or team, understanding this leads to increased success (U/P)			Defence - Talk to your team to organise cover (U)

TEAM GAMES	GRADE 1	GRADE 2	GRADE 3	GRADE 4	GRADE 5
	Actively participates in Physical Education lessons P)	Actively participates in Physical Education lessons P)			Reacts positively during team selection and encourages team during play. (P)
					Thank the other players at the end of the game (P)
					Be prepared and catch under control (S)
					Pass accurately choosing the most appropriate throw for the situation (S)
					Dribble with one hand with the ball under control (S)
					Shoots the ball accurately, from a scoring position (S)
	PE CONCEPTS				
	Skills (S)	The learner demonstrates competency in a variety of motor skills and movement patterns.			
	Understanding (U)	The learner applies concepts, principles, skills, strategies and tactics appropriately. Game rules are understood and followed.			
	Participation (P)	The learner engages in both team and individual settings with a postive attitude. Resilience, determination, creativity, teamwork and collaboration are demonstrated.			

STRIKING & FIELDING	GRADE 1	GRADE 2	GRADE 3	GRADE 4	GRADE 5
Learning Outcomes			Understand the basic rules of baseball/ softball and use them fairly. (U)	Understand the basic rules of baseball/ softball and use them fairly. (U)	Understand the rules of cricket/softball and use them fairly.
				Throw the ball accurately with control and consistency when fielding. (S)	
			Throw the ball accurately with control and consistency when fielding. (S)	Understand that each player has a role in a team and works to the best of their ability (P)	Catch the ball consistently when fielding.
			Hold the bat correctly and uses hand eye coordination to bat with accuracy. (S)	Hold the bat correctly and bat with accuracy. (S)	Apply skills gained to field effectively within a game.
			Begin to use directional batting as a tactic and tactical fielding. (S)	Begin to use directional batting as a tactic and tactical fielding. (S)	Bowl overarm with accuracy and consistency.
					Hold the bat correctly and bat with accuracy.
					Begin to use directional batting as a tactic and tactical fielding.
					Provide encouragement and feedback to peers without prompting from the teacher.
					Respond appropriately to teammates behaviours during physical activity by using rules and guidelines for resolving conflicts.
	PE CONCEPTS				
	Skille (S)	The learner demonstrates competency in a variety of motor skills and movement patterns.			

STRIKING & FIELDING	GRADE 1	GRADE 2	GRADE 3	GRADE 4	GRADE 5
	Understanding (U)	The learner applies concepts, principles, skills, strategies and tactics appropriately. Game rules are understood and followed.			
	Participation (P)	The learner engages in both team and individual settings with a postive attitude. Resilience, determination, creativity, teamwork and collaboration are demonstrated.			

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HEALTH & FITNESS	GRADE 1	GRADE 2	GRADE 3	GRADE 4	GRADE 5
Learning Outcomes	Maintaining a steady pace over longer distances, focusing on stamina and breathing.	Maintaining a steady pace over longer distances, focusing on stamina and breathing.	Displays the importance of hydration before, after and during physical activities.	Increase self-confidence and self-esteem through setting realistic personal goals and working hard to achieve them. (P)	Apply effective strategies for pacing oneself during endurance events, such as long-distance running.
	Discuss the body's reactions to participating in physical activities (U)	Discuss the body's reactions to participating in physical activities (U)	Demonstrates understanding of the components of fitness and how they relate to overall health and well being (S)	Displays the importance of hydration before, after and during physical activities.	Engage in regular physical activity to improve cardiovascular endurance and overall fitness levels.
	Demonstrate an understanding of the importance of engaging in physical education as it contributes to overall health and well being (P)	Understand the importance of engaging in physical education as it contributes to overall health and well being (P)	Apply effective strategies for pacing oneself during endurance events, such as long-distance running (S/U)	Demonstrates understanding of the components of fitness and how they relate to overall health and well being (S)	Increase self-confidence and self-esteem through setting realistic personal goals and working hard to achieve them.
			Engage in regular physical activity to improve cardiovascular endurance and overall fitness levels.(P)	Apply effective strategies for pacing oneself during endurance events, such as long-distance running (S/U)	Demonstrates the ability to monitor and regulate their heart rate during fitness activities.
				Engage in regular physical activity to improve cardiovascular endurance and overall fitness levels.(P)	Recognises and understands the physiological changes in their body during physical activity and can explain the reasons behind these changes.
					Employs appropriate strategies to bring their heart rate down during or after physical activities.
					Displays competence in performing various fitness exercises while effectively maintaining proper body positioning.
					Articulates clear instructions to a classmate, enabling them to understand and replicate the exercise accurately (U)

HEALTH & FITNESS	GRADE 1	GRADE 2	GRADE 3	GRADE 4	GRADE 5
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	PE CONCEPTS				
	Skills (S)	The learner demonstrates competency in a variety of motor skills and movement patterns.			
	Understanding (U)	The learner applies concepts, principles, skills, strategies and tactics appropriately. Game rules are understood and followed.			
	Participation (P)	The learner engages in both team and individual settings with a postive attitude. Resilience, determination, creativity, teamwork and collaboration are demonstrated.			

TRACK & FIELD	GRADE 1	GRADE 2	GRADE 3	GRADE 4	GRADE 5
	Mini Athletics	Mini Athletics			
Learning Outcomes	Demonstrate the importance of fair play and respecting others (U)	Demonstrate the importance of fair play and respecting others (U)	Demonstrate improved running technique by maintaining proper form and posture while sprinting and jogging. (S)	Demonstrate improved running technique by maintaining proper form and posture while sprinting and jogging. (S)	Demonstrate improved running technique by maintaining proper form and posture while sprinting and jogging.
	Demonstrate improved running technique by maintaining proper form and posture while sprinting and jogging. (S)	Demonstrate improved running technique by maintaining proper form and posture while sprinting and jogging. (S)	Develop a basic understanding of different track and field events, their rules, and scoring systems. (U)	Develop a basic understanding of different track and field events, their rules, and scoring systems. (U)	Develop a basic understanding of different track and field events, their rules, and scoring systems.
	incorporates runing technique to demonstarte improvement in measured jumps, both vertical and forward jump (S)	incorporates runing technique to demonstarte improvement in measured jumps, both vertical and forward jump (S)	Use proper techniques to improve distance in throwing events, such as shot put and Javlin. (S)	Use proper techniques to improve distance in throwing events, such as shot put and Javlin. (S)	Use proper techniques to improve distance in throwing events, such as shot put and javelin.
	Develops technique when running short distances at maximum speed, focusing on explosive power (S)	Develops technique when running short distances at maximum speed, focusing on explosive power (S)	Demonstrate teamwork and collaboration skills while participating in relay races, working together to achieve common goals. (P)	Demonstrate teamwork and collaboration skills while participating in relay races, working together to achieve common goals. (P)	Demonstrate teamwork and collaboration skills while participating in relay races, working together to achieve common goals.
	Develops techniques when throwing for measured distance (S)	Develops techniques when throwing for measured distance (S)	Demonstrate improved jumping technique by utilizing proper takeoff, flight, and landing mechanics. (S)	Demonstrate improved jumping technique by utilizing proper takeoff, flight, and landing mechanics. (S)	Demonstrate improved jumping technique by utilizing proper takeoff, flight, and landing mechanics.
	Understanding the importance of fair play and respecting others. (P)	Understanding the importance of fair play and respecting others. (P)	Demonstrate increased body awareness and spatial judgment when approaching and executing jumps, adapting to changing conditions and distances. (U)	judgment when approaching	Demonstrate increased body awareness and spatial judgment when approaching and executing jumps, adapting to changing conditions and distances.

TRACK & FIELD	GRADE 1	GRADE 2	GRADE 3	GRADE 4	GRADE 5
	Mini Athletics	Mini Athletics			
	Skills (S)	The learner demonstrates competency in a variety of motor skills and movement patterns.			
	Understanding (U)	The learner applies concepts, principles, skills, strategies and tactics appropriately. Game rules are understood and followed.			
	Participation (P)	The learner engages in both team and individual settings with a postive attitude. Resilience, determination, creativity, teamwork and collaboration are demonstrated.			