

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 positive attitude. Resilience, determination, creativity, teamwork and collaboration are demonstrated.				

NET GAMES	GRADE 1	GRADE 2	GRADE 3	GRADE 4	GRADE 5	
Learning 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.	
	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 positive attitude. Resilience, determination, creativity, teamwork and collaboration are demonstrated.				

TEAM GAMES	GRADE 1	GRADE 2	GRADE 3	GRADE 4	GRADE 5	
Learning 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, moving to space. (U)	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.	
	Actively engages in lessons and understands the connection between effort and improvement (P)	Actively 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 receive 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 positive attitude. Resilience, determination, creativity, teamwork and collaboration are demonstrated.				

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 positive attitude. Resilience, determination, creativity, teamwork and collaboration are demonstrated.				

HEALTH & FITNESS	GRADE 1	GRADE 2	GRADE 3	GRADE 4	GRADE 5	
	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 positive 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				
	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 positive attitude. Resilience, determination, creativity, teamwork and collaboration are demonstrated.				