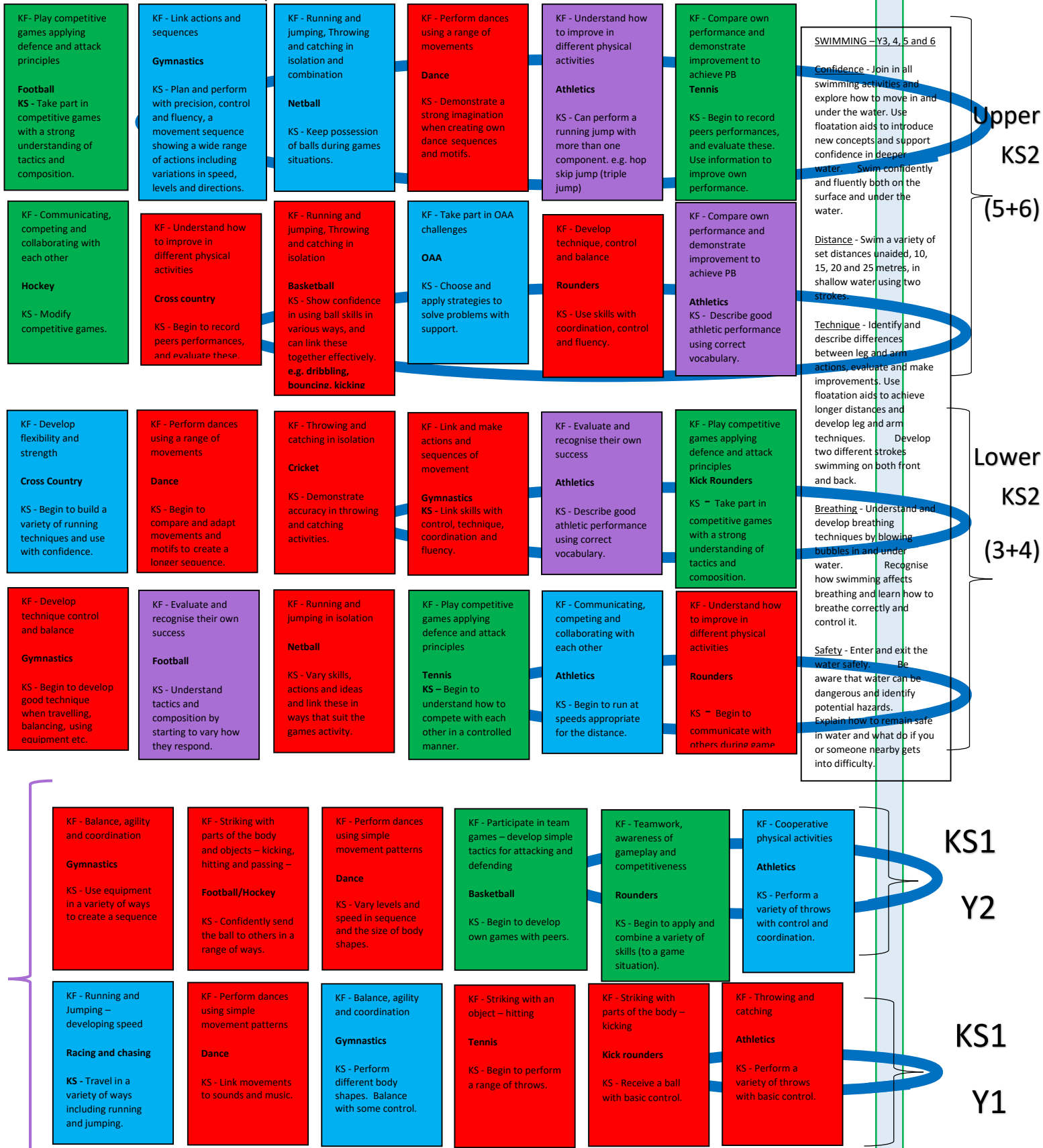




Physical Education adopts a skills based curriculum and each skill is built upon to a greater depth as the children progress through each age and stage of development. A variety of sports and activities need to be explored in order to practise and apply the key focus and skills of each unit. The sport or activity in bold in each box is a starting suggestion for the sport or activity which lends itself best to the key focus and skills and must not in itself be used as a key focus.



BIG IDEAS Key:

Develop competence in physical activity Sustain physical activity Engage competitively Lead healthy active lives