

<b>(D1 - D9) Primary 1:</b>	<b>(D1 - D9) Primary 2:</b>	<b>(D1 - D9) Junior:</b>
<p><b>Gross Motor Skills:</b></p> <ul style="list-style-type: none"> <li>Running: Developing the ability to run with control and coordination.</li> <li>Jumping: Learning to jump off two feet and eventually progressing to jumping off one foot.</li> <li>Hopping: Developing the ability to hop on one foot.</li> <li>Skipping: Introducing basic skipping movements.</li> <li>Galloping: Learning to move sideways with a combination of steps and slides.</li> </ul> <p><b>Fine Motor Skills:</b></p> <ul style="list-style-type: none"> <li>Throwing: Learning to throw a ball with an overhand motion.</li> <li>Catching: Developing the ability to catch a ball using hands and, later, with a small implement like a scoop or racket.</li> <li>Kicking: Practicing basic kicking techniques, starting with stationary objects and progressing to kicking a moving ball.</li> <li>Rolling: Rolling a ball underhand to a target or partner.</li> </ul> <p><b>Balance and Coordination:</b></p> <ul style="list-style-type: none"> <li>Balancing: Practicing static balance on one foot and eventually progressing to dynamic balance activities.</li> <li>Coordination: Introducing activities that require hand-eye coordination, such as throwing and catching games.</li> <li>Body Awareness: Developing awareness of body parts and how they move through space.</li> </ul> <p><b>Spatial Awareness:</b></p> <ul style="list-style-type: none"> <li>Understanding directions: Introducing concepts like forward, backward, left, and right.</li> </ul>	<p><b>Gross Motor Skills:</b></p> <ul style="list-style-type: none"> <li>Running: Refining running technique with a focus on speed and agility.</li> <li>Jumping: Continuing to develop jumping skills, including distance and height jumps.</li> <li>Hopping and Skipping: Further developing hopping and skipping abilities, including coordination and rhythm.</li> <li>Galloping and Sliding: Introducing more complex locomotor movements and transitions.</li> <li>Climbing: Learning basic climbing techniques on low climbing apparatus.</li> </ul> <p><b>Fine Motor Skills:</b></p> <ul style="list-style-type: none"> <li>Throwing and Catching: Refining throwing and catching skills with increased accuracy and distance.</li> <li>Kicking: Practicing different types of kicks (e.g., instep, punt) with greater control and power.</li> <li>Striking: Introducing basic striking skills using implements like bats or racquets.</li> <li>Dribbling: Developing basic dribbling skills with hands (e.g., basketball dribble) and feet (e.g., soccer dribble).</li> </ul> <p><b>Balance and Coordination:</b></p> <ul style="list-style-type: none"> <li>Balancing: Practicing balance activities on various body parts and surfaces, including beams and balance boards.</li> <li>Agility: Introducing agility drills and activities to improve quick changes in direction and speed.</li> <li>Coordination: Refining hand-eye and foot-eye coordination through activities like throwing and catching games, and kicking accuracy drills.</li> </ul>	<p><b>Gross Motor Skills:</b></p> <ul style="list-style-type: none"> <li>Running: Further developing running technique with a focus on endurance and speed over longer distances.</li> <li>Jumping: Progressing to more advanced jumping techniques such as long jump and high jump.</li> <li>Hopping and Skipping: Enhancing coordination and rhythm in hopping and skipping activities, including variations like cross-skipping.</li> <li>Galloping and Sliding: Practicing more advanced variations and incorporating them into dynamic movement sequences.</li> <li>Climbing and Crawling: Introducing basic climbing and crawling challenges on more complex structures or obstacle courses.</li> </ul> <p><b>Fine Motor Skills:</b></p> <ul style="list-style-type: none"> <li>Throwing and Catching: Refining throwing and catching skills with increased accuracy, distance, and speed.</li> <li>Kicking: Advancing kicking skills with emphasis on accuracy, power, and control in various game situations.</li> <li>Striking: Developing striking skills with different implements (e.g., bats, racquets) and introducing more structured game play.</li> <li>Dribbling: Improving dribbling skills with greater control and precision, incorporating changes in direction and speed.</li> </ul> <p><b>Balance and Coordination:</b></p> <ul style="list-style-type: none"> <li>Balancing: Practicing static and dynamic balance activities on challenging surfaces and in different body positions.</li> </ul>

<ul style="list-style-type: none"> <li>• Spatial relationships: Exploring concepts like near, far, over, under, and through.</li> </ul> <p><b>Social and Emotional Skills:</b></p> <ul style="list-style-type: none"> <li>• Cooperation: Participating in group activities and games that require teamwork.</li> <li>• Sportsmanship: Learning to follow rules, take turns, and show respect for others during physical activities.</li> <li>• Confidence: Building confidence through successful completion of physical tasks and challenges.</li> </ul> <p><b>Safety and Health Awareness:</b></p> <ul style="list-style-type: none"> <li>• Warm-up and cool-down: Understanding the importance of warming up muscles before physical activity and cooling down afterward.</li> <li>• Personal space: Learning to respect personal space in physical</li> </ul>	<p><b>Spatial Awareness:</b></p> <ul style="list-style-type: none"> <li>• Directional Awareness: Understanding and following instructions related to movement in different directions (e.g., forwards, backwards, sideways).</li> <li>• Spatial Relationships: Exploring concepts like over, under, around, and through in more complex movement patterns and games.</li> </ul> <p><b>Social and Emotional Skills:</b></p> <ul style="list-style-type: none"> <li>• Teamwork: Engaging in cooperative activities and team games that require communication and collaboration.</li> <li>• Leadership: Providing opportunities for students to take on leadership roles within group activities.</li> <li>• Resilience: Encouraging perseverance and determination when facing challenges or setbacks during physical activities.</li> </ul> <p><b>Safety and Health Awareness:</b></p> <ul style="list-style-type: none"> <li>• Injury Prevention: Teaching basic safety rules and techniques to prevent injuries during physical activities.</li> <li>• Fitness: Introducing concepts of physical fitness and the importance of staying active for overall health and well-being.</li> </ul>	<ul style="list-style-type: none"> <li>• Agility: Introducing more complex agility drills and activities to improve reaction time and coordination.</li> <li>• Coordination: Refining coordination through activities that require simultaneous use of multiple body parts (e.g., juggling scarves, footwork drills).</li> </ul> <p><b>Spatial Awareness:</b></p> <ul style="list-style-type: none"> <li>• Directional Awareness: Navigating and following instructions related to movement in different directions within more complex game environments.</li> <li>• Spatial Relationships: Applying spatial concepts to problem-solving tasks and games involving spatial awareness and positioning.</li> </ul> <p><b>Social and Emotional Skills:</b></p> <ul style="list-style-type: none"> <li>• Collaboration: Participating in group activities and team games that require cooperation, communication, and strategy.</li> <li>• Sportsmanship: Demonstrating respect for rules, opponents, and teammates during competitive activities.</li> <li>• Confidence: Building self-confidence through successful performance and participation in a variety of physical challenges.</li> </ul> <p><b>Safety and Health Awareness:</b></p> <ul style="list-style-type: none"> <li>• Injury Prevention: Reinforcing safety rules and techniques to prevent injuries during physical activities, including proper warm-up and cool-down routines.</li> <li>• Fitness: Exploring concepts of cardiovascular fitness, strength, flexibility, and their importance for overall health and well-being.</li> </ul>
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### (D9 - D11) Key Stage 3:

#### Gross Motor Skills:

- Running: Continuing to develop running technique with a focus on speed, endurance, and efficient form over longer distances.
- Jumping: Progressing to more advanced jumping skills such as triple jump and incorporating techniques like take-off and landing mechanics.
- Agility: Refining agility and quickness through drills and activities that require rapid changes in direction and speed.
- Coordination: Further developing coordination through activities that involve complex movements and timing.

#### Fine Motor Skills:

- Throwing and Catching: Advancing throwing and catching skills with increased accuracy, distance, and speed, incorporating different throwing techniques (e.g., overhead, sidearm).
- Kicking: Enhancing kicking skills with focus on accuracy, power, and control in various game situations, including passing and shooting.
- Striking: Developing striking skills with different implements (e.g., bats, racquets) and introducing more advanced techniques and tactics in game play.
- Dribbling: Improving dribbling skills with greater control and precision, incorporating advanced moves and changes in direction.

#### Balance and Coordination:

- Balance: Mastering static and dynamic balance activities on challenging surfaces and in different body positions, including single-leg balance and balance beam activities.
- Coordination: Enhancing coordination through activities that require complex movement patterns and synchronization of body parts, such as dance routines or partner drills.

#### Spatial Awareness:

- Directional Awareness: Navigating and responding to cues related to movement in different directions within various game environments, including tactical positioning in team sports.
- Spatial Relationships: Applying spatial concepts to problem-solving tasks and games that require understanding of angles, distances, and relationships between objects or players.

#### Social and Emotional Skills:

- Collaboration: Participating in group activities and team sports that require cooperation, communication, and strategic planning.

### (D11 - D13) Key Stage 4:

#### Gross Motor Skills:

- Running: Continuing to refine running technique with a focus on speed, endurance, and efficient form over varied terrain and distances.
- Jumping: Mastering advanced jumping skills such as triple jump and incorporating techniques like plyometric training for explosive power.
- Agility and Coordination: Enhancing agility and coordination through advanced drills and activities that require precise movements and quick reaction times.

#### Fine Motor Skills:

- Throwing and Catching: Advancing throwing and catching skills with precision, incorporating different throwing techniques (e.g., overhand, sidearm) and catching techniques (e.g., one-handed, diving).
- Kicking: Mastering kicking skills with accuracy, power, and control in various game situations, including advanced passing, shooting, and set pieces.
- Striking: Developing mastery in striking skills with different implements (e.g., bats, racquets) and refining techniques for maximum power and accuracy.
- Dribbling: Perfecting dribbling skills with exceptional control, incorporating advanced moves, feints, and changes in direction to evade defenders.

#### Balance and Coordination:

- Balance: Achieving mastery in static and dynamic balance activities on challenging surfaces and in various body positions, including single-leg balance on unstable surfaces.
- Coordination: Enhancing coordination through complex movement patterns, drills, and activities that require precise timing and synchronization of body parts.

#### Spatial Awareness:

- Directional Awareness: Navigating and responding to cues related to movement in different directions within complex game environments, including tactical positioning and spatial awareness in team sports.
- Spatial Relationships: Applying advanced spatial concepts to problem-solving tasks and games that require understanding of angles, distances, and relationships between objects or players.

#### Social and Emotional Skills:

- Collaboration: Excelling in group activities and team sports that demand high levels of cooperation, communication, and strategic planning.
- Sportsmanship: Demonstrating exemplary sportsmanship, respect for rules, opponents, and teammates, and displaying integrity and fairness in competitive situations.

- Sportsmanship: Demonstrating respect for rules, opponents, and teammates, and displaying integrity and fairness in competitive situations.
- Leadership: Taking on leadership roles within group activities and demonstrating initiative, responsibility, and positive role modelling.
- Representing: Having the opportunity to participate in sporting events alongside peers and in competition with other schools

**Safety and Health Awareness:**

- Injury Prevention: Reinforcing safety rules and techniques to prevent injuries during physical activities, including proper warm-up, cool-down, and equipment usage.
- Fitness: Understanding concepts of fitness components (e.g., cardiovascular endurance, muscular strength, flexibility) and engaging in activities to improve overall health and well-being.

- Leadership: Taking on leadership roles within group activities and team sports, demonstrating initiative, responsibility, and positive role modelling.
- Representing: Taking part successfully in sporting events alongside peers and in competition with other schools

**Safety and Health Awareness:**

- Injury Prevention: Mastering safety rules and techniques to prevent injuries during physical activities, including advanced warm-up, cool-down, and injury prevention strategies.
- Fitness: Understanding and applying principles of fitness training to optimize performance, improve overall health and well-being, and maintain a physically active lifestyle.

## (D13 - D16) Key Stage 5:

### Gross Motor Skills:

- Running: Continuously refining running technique with an emphasis on speed, endurance, and efficiency
- Jumping: Mastering advanced jumping techniques such as triple jump and high jump, focusing on optimal take-off and landing mechanics.
- Agility and Coordination: Enhancing agility, coordination, and proprioception through advanced drills, obstacle courses, and multi-directional movement patterns.

### Fine Motor Skills:

- Throwing and Catching: Perfecting throwing and catching skills with precision, power, and accuracy, incorporating different throwing techniques (e.g., javelin throw, discus throw).
- Kicking: Excelling in kicking skills with accuracy, power, and control in various game situations, including long-range passes and set-piece plays.
- Striking: Mastering striking skills with different implements (e.g., bats, racquets), focusing on technique refinement and strategic placement.
- Dribbling: Achieving mastery in dribbling skills with exceptional ball control, incorporating advanced moves, changes of pace, and deception techniques.

### Balance and Coordination:

- Balance: Demonstrating mastery in static and dynamic balance activities on challenging surfaces and in various body positions, including single-leg balance on unstable surfaces and advanced yoga poses.
- Coordination: Enhancing coordination through complex movement sequences, drills, and activities that demand precise timing and synchronization of body parts.

### Spatial Awareness:

- Directional Awareness: Navigating and responding to cues related to movement in different directions within complex game environments, including tactical positioning and spatial awareness in team sports and invasion games.
- Spatial Relationships: Applying advanced spatial concepts to problem-solving tasks and games that require understanding of angles, distances, and relationships between objects or players.

### Social and Emotional Skills:

- Engagement: Participate in sports they enjoy both as an individual and as group/team
- Collaboration: Excelling in group activities and team sports that require high levels of cooperation, communication, and strategic planning.
- Sportsmanship: Demonstrating exemplary sportsmanship, respect for rules, opponents, and teammates, and displaying integrity and fairness in competitive situations.
- Leadership: Taking on leadership roles within group activities and team sports, demonstrating initiative, responsibility, and positive role modelling.
- Experience: Have the opportunity to participate in a wide-range of sporting activities, developing a love of new activities and exploring potential hobbies

### Safety and Health Awareness:

- Injury Prevention: Mastering safety rules and techniques to prevent injuries during physical activities, including advanced warm-up, cool-down, and injury prevention strategies.
- Fitness: Understanding and applying principles of fitness training to optimize performance, improve overall health and well-being, and maintain a physically active lifestyle, including strength training, flexibility exercises, and cardiovascular conditioning.