

Physical Education in Lowers school

Physical Education classes in the Lower School are designed to develop individual athletic-based and movement-based skills. The programme is taught through progressive instruction; the level and rate at which skills are introduced is dependent on the teacher's view of the abilities and experiences of both the class and the individuals within it. Basic health and fitness concepts, rhythmic body movement, body and equipment awareness, manipulation, movement, control, and co-ordination are focuses at each grade level. Water confidence units are included. Students are also encouraged to learn safety concepts, work co-operatively, and follow directions.

Kindergarten

Kindergarten students build on their natural enthusiasm for movement, using it to explore and learn about their world. They start to work and play with other pupils in pairs and small groups. By watching, listening and experimenting, they develop their skills in movement and coordination.

Grade 1

First graders have a natural enthusiasm for movement. They continue to work in pairs, small groups and whole class activities. As their body awareness, movement and coordination skills mature, they gain more control. This allows greater success across a wide range of equipment and activities.

Grade 2

Second grade students continue to develop a more sophisticated repertoire of skills and experiences. They continue to enjoy working in pairs, small and large groups. They are exposed to more complex rules when playing games and are constantly encouraged to test themselves in different environments.

Grade 3

During third grade, students enjoy being active and using their creativity and imagination in physical activity. They learn new skills, find out how to use them in different ways, and link them to make actions, phrases and sequences of movement. They enjoy communicating, collaborating and competing with each other. They develop an understanding of how to succeed in different activities and learn how to evaluate and recognise their own success.

Grade 4

Fourth grade students are creative during physical activity. They continue to want to learn new skills, and experiment with different ways to perform them. Communicating and collaborating are encouraged alongside competing fairly with others. Students continue to succeed in a variety of environments and continue to evaluate and recognize their own and the group's success.

