

# **PHYSICAL EDUCATION**

## **Syllabus for Primary Schools**

# **RATIONALE**

# **THE PHYSICAL EDUCATION PROGRAMME**

## **For Primary Schools**

### **Rationale**

All children, whatever their abilities, should be able to participate in and enjoy Physical Education (PE) and Sport. Physical Education is a fundamental contributor towards the holistic development of the child. Such education is to be carried out through the psychomotor, cognitive, social, and affective domains, related to the relevant developmental stages of the child. Through the active participation of every child in motor skills and sport-related activities, effective and efficient competencies in Physical Education will also contribute to the confidence and self-esteem of the child. At the Primary level, physical and health-related activities will also provide co-operative and competitive experiences, individually and in groups. A sound Physical Education programme will encourage lifelong participation in sport and leisure activities, providing opportunities for enjoyment, recreation and the pursuit of a healthy life-style.

The Physical Education Syllabus – Primary Schools (Pilot Programme) is divided on five specific areas:

- 1. Health-Related Fitness (HRF)**
- 2. Movement and Gymnastics (MG)**
- 3. Swimming (S)**
- 4. Athletics (A)**
- 5. Games (G)**

Each area is defined according to the following components: Body Awareness, Space/Time Awareness, Skills and Competences, Relationships.

The following programme is further divided according to year groups. It is very important to follow the programme progressively from Year 1 to Year 6.