

PHYSICAL EDUCATION

Syllabus for Primary Schools

YEAR 1

LEARNING OUTCOMES

for

YEAR 1

HEALTH RELATED FITNESS	MOVEMENT AND GYMNASTICS	SWIMMING	ATHLETICS	GAMES
<p>1.1.1 MUSCULAR STRENGTH & ENDURANCE</p> <ol style="list-style-type: none"> 1. Identify that the body has many muscles. 2. Perform activities to achieve strong muscles. 	<p>1.2.1 TRAVELLING Make good use of personal and general space Vary speed (fast/slow)</p> <p>1.2.2. ROLLING Practise various basic rolling and finishing positions</p>	<p>1.3.1 Safety and discipline in water Practise safety and Discipline in Water</p>	<p>1.4.1 Walking/Running Practise correct posture as the basis of walking technique.</p>	<p>1.5.1 Racket Games Tapping the ball with the hand</p>
<p>1.1.2. CARDIO RESPIRATORY ENDURANCE</p> <ol style="list-style-type: none"> 1. Create awareness of location of the Heart 2. Practise correct breathing 3. Perform activities that help acquire a healthy heart. 4. Perform continuous exercises for a pre-determined time-span. 	<p>1.2.3 BALANCING on large and small body parts</p> <p>1.2.4 TAKING WEIGHT ON HANDS</p>	<p>1.3.2 Water Entry and Exit Learn how to enter and exit water.</p>	<p>1.4.2 Sprinting Practise correct posture as the basis of running technique.</p>	<p>1.5.2 Implement Games Stick handling, forehand dribble</p>
<p>1.1.3 HEALTHY HABITS</p> <ol style="list-style-type: none"> 1. Promote healthy eating habits. 2. Check posture 3. Maintain proper P.E. kit. 4. Create awareness that smoking kills. 	<p>1.2.5 JUMPING Practise fundamental jumping techniques</p>	<p>1.3.3 Water Confidence Skill Encourage water confidence skills.</p>	<p>1.4.3 Hurdling Walk/run over sticks</p>	<p>1.5.3 Team Games Dribbling, Changing directions & stopping</p>

<p>1.1.4. FLEXIBILITY</p> <ol style="list-style-type: none"> 1. Create awareness of the meaning of warming-up 2. Create awareness of the purpose of warming-up. (to prepare the body for exercise) 3. Perform simple stretching. 	<p>1.2.6. PARTNER WORK</p> <p>Follow a partner</p>	<p>1.3.4</p> <p>Moving in Water using Swimming Aids</p>	<p>1.4.4</p> <p>Jumping Jump 1foot-1foot. Jump 2feet-2feet.</p> <p>1.4.5</p> <p>Throw</p>	
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PROGRAMME

for

YEAR 1

1.1 HEALTH-RELATED FITNESS

Learning Outcome	Notes
1.1.1 MUSCULAR STRENGTH AND ENDURANCE	
1. Identify that the body has many muscles. 2. Perform activities to achieve strong muscles. - using own body weight as resistance - focusing on lower body ex. Hoop jumping, lunges, treadmill, standing long jumps	<ul style="list-style-type: none"> • Slightly to the left of the chest- the size of a closed fist • Identify location, size and function of the heart. (Years 1-6) • Understand how to measure a strong heart (Years 1 -6)
1.1.2 CARDIO RESPIRATORY ENDURANCE	
1. Create awareness of location of the Heart	<ul style="list-style-type: none"> • Learn the meaning of healthy habits (Years 1 -6) • Identify habits that are healthy for the body: <ol style="list-style-type: none"> 1. Getting regular activity – movement to play (Years 1- 6) 2. Eating breakfast – avoiding unhealthy snacks (Years 1 – 6) 3. Getting adequate rest (Years 1 -6) 4. Maintaining cleanliness and hygiene (Years 1 -6) 5. Avoiding drugs and alcohol (Years 1 -6) 6. Living tobacco free
2. Practise correct Breathing (In from the nose and out from the mouth)	
3. Perform activities that help a healthy heart.	
4. Continuous exercise for a pre-determined time-span.	
1.1.3 HEALTHY HABITS	
1. Promote healthy eating habits. (Avoid sugars/sweets. Drink plenty of water).	
2. Check posture. (While walking, standing and sitting).	
3. Maintain proper P.E. kit. (Shoe laces).	
4. Create awareness that smoking kills.	

1.1.4 FLEXIBILITY	
1. Create awareness of the meaning of warming-up	
2. Create awareness of the purpose of warming-up to prepare the body for exercise	
3. Perform simple stretching.	Emphasis on Static Stretching as opposed to Ballistic Stretching for safety.

1.2 MOVEMENT AND GYMNASTICS

Learning Outcome	Notes
1.2.1. TRAVELLING <i>Make good use of personal and general space Vary speed (fast/slow)</i> <ol style="list-style-type: none"> 1. Run about using all the space 2. Run and stop on signal 3. Run on spot/run anywhere on signal 4. Run at a slower speed on signal 	use a variety of visual and auditory signals
1.2.2. ROLLING <i>Try various basic rolling and finishing positions</i> <ol style="list-style-type: none"> 1. Roll to finish standing on two feet 2. Roll in a different direction to finish standing on two feet 3. Roll to finish standing on one foot 4. Roll to a different finishing position 	Log/pencil roll Egg roll
1.2.3. BALANCING <i>on various large and small body parts</i> <ol style="list-style-type: none"> 1. Balance on different body parts 2. Balance on large body parts 3. Balance on a number of small body parts 4. Balance so that there are 4/3/2 points of contact with the floor 	<u>BODY PARTS</u> Large = seat, tummy, back, hips and legs. Small = elbow, knee, feet and hands

<p>1.2.4 TAKING WEIGHT ON HANDS <i>momentarily shift weight on hands</i></p> <ol style="list-style-type: none"> 1. Balance using your hands as part of the supporting base 2. Practise donkey kicks (use hands as base, kick legs/feet high up in the air) 	
<p>1.2.5 JUMPING <i>fundamental jumping techniques</i></p> <ol style="list-style-type: none"> 1. Jump on the spot 2. Jump using proper arm action in coordination with leg action 3. Jump (on the spot) and concentrate on soft landings 	<p><u>ARM ACTION</u> Arms flexed, swing upwards, follow-through</p> <p><u>LEG ACTION</u> Bend at knees and hips, straighten leg (at hips, knees and knees)</p>
<p>1.2.6 PARTNER WORK <i>follow a partner (whilst walking)</i></p> <ol style="list-style-type: none"> 1. Follow partner, keeping a constant distance 2. Change roles from follower to leader and vice-versa 	

1.3 SWIMMING

Learning Outcome	Notes
<p>1.3.1. Practice safety and Discipline in Water</p>	<p>Correct and safe approach to water.</p>
<p>1.3.2 Water Entry and Exit Learn how to enter and exit water</p>	<p>Sit down, legs in the water Turn on tummy, hands on edge and slide down slowly. Keep head out of the water</p>
<p>1.3.3. Water Confidence Skills</p>	<p>Knees straight and pointed toes</p> <p>Kick from hips</p> <p>Stretch out arms</p>

	Exhale in water and inhale out of the water.
1.3.4. Moving in Water using Swimming Aids	Check swimming aids before use (Arm bands, floating rings, noodles, boards...) Kick hard, extend body and push up seat or tummy when appropriate Arm circling and kicking continuously, keeping a constant rhythm

1.4 ATHLETICS

Learning Outcome	Notes
1.4.1. Walking/Running	
Practise correct posture as the basis of walking technique.	Standing and walking with a correct posture. Use marching on the spot to reach this aim.
Practise correct use of arms in co-ordination with alternating leg movement for walking.	Hands on side (bent at 90 ⁰ from elbow) straight leg for walking/ bent for marching.
Walk and run in a direction along a path.	Walking on a path as indicated (drawn on the floor-tiles, etc.).
Marching in twos, threes, etc. unison	Use of group/team work to encourage correct technique.
Walk/jog at one's own pace, slow or fast when instructed.	Vary the speed of movement whilst stressing proper technique and posture.
1.4.2. Sprinting	
Practise correct posture as the basis of running technique.	Jog/run with a correct posture.
Jog/run on a path as instructed.	One following the other without overtaking.
Practise correct use of arms in co-ordination with alternating leg movement for sprinting. Running on ball of foot for efficient sprinting.	Hands on side (bent at 90 ⁰ from elbow) and with bent legs (90 ⁰ at knees and heels).
Perform basic drills on the spot or in motion.	Fast feet drill; high knees drill; butt kicks drill.
Assimilate the concept of sprinting-running at maximum speed possible.	Use varying speeds.
1.4.3. Hurdling	
Walk/run over sticks.	Walk/run over sticks varying height of sticks progressively.
Run on ball of foot with hands on side (90 ⁰ at elbow).	Basic drills using a speed ladder.
Walk/run over sticks, rope, etc. following each other without overtaking.	Use varying speeds
1.4.4. Jumping	
Jump 1foot-1foot.	Hopping on the spot and in motion.
Jump 2feet-2feet.	Frog jumps stressing on safe and correct landing technique.
Strengthen the landing reflex and supporting muscles.	Drop jump from 10cm-20cm box.

1.4.5. Throwing	
Experience grip as important element in throwing.	Hold bean bag in hand and perform grip exercises.
Practise overhand throwing technique-Power position.	Overhand throw with bean bag. Use various strengths in throws. Bent knees as a pre-requisite for power transmission from the legs.
Throw in front.	Throw small foam balls towards a catcher.
Create awareness of upper body muscles and strength.	Upper body stretching. Wall push-ups.

1.5 GAMES

Learning Outcome	Notes
1.5.1 Racket Games Tapping the ball with the hand	<p>Racket handling – positioning of hand and fingers around the handle Familiarization with racket and ball in self and general space using different directions, pathways and levels Relationships of body parts (body positioning and posture, hand/eye coordination), with objects (racket, ball) and with people (leading, following mirroring, matching, unison, contrast, groups, solo) Fast or slow implement handling skills whilst stationary or running at different speeds</p> <p>Explain various ways of handling a tennis ball</p> <ul style="list-style-type: none"> • Rolling a ball on the ground at various speed and child runs/walks close to the ball stopping close to it when it stops • Running with the ball held on a cone shaped fist • Throwing and catching the ball discovering the ball bounce and its trajectory <p>Manipulative skills Explaining various ways of holding a racket</p> <ul style="list-style-type: none"> • Students invent different uses of the racket

	<ul style="list-style-type: none"> • Discovering the racket, its different parts and uses • Holding the ball on a tennis racket and rolling the ball around the face of the racket • Holding the racket with different hands, changing grip positions and body positions while moving around • Moving along line and round various obstacles
<p>1.5.2 Implement Games Stick handling, forehand dribble</p>	<ul style="list-style-type: none"> • Walking whilst holding the stick and pushing the ball • Dribbling in self and general space using different directions and pathways <ul style="list-style-type: none"> Curved back and low position Relationships with other pupils whilst dribbling With the hockey stick Slow dribbling with free light movement
<p>1.5.3 Team Games Learn to dribble, change directions and stop.</p>	