



SLIC PHYSICAL EDUCATION STAGES 1 - 6

Fundamental movement skills:

- **Balance skills - Movements where the body remains in place, but moves around its horizontal and vertical axes. Locomotor skills - such as running, jumping, hopping, and galloping. Ball skills - such as catching, throwing, kicking, underarm roll and striking. Run around obstacles and corners, navigate sharp turns and manage on a variety of surfaces. Stop quickly on a signal and can run backward as well as forward and run around obstacles. To develop self-awareness, personal space, simple body movements, coordination, and to develop own skills and self-expression using the body.**

SECS

Fundamental movement skills/ variety of balls/ Football.

- Use rolling, hitting, running, jumping, catching and kicking skills in combination.
- Maintain possession of a ball (with, e.g. feet, a hockey stick or hands). Use a range of throwing techniques (such as under arm, over arm).
- Throw with accuracy to hit a target or cover a distance. Jump in a number of ways, using a run up where appropriate.
- Travel in a variety of ways, including flight, by transferring weight to generate power in movements.
- Swing and hang from equipment safely (using hands).

- Work cooperatively

-Increase social awareness of environment by stating what is taking place in environment or imitating actions of others.

- Increase safety awareness by stating the effect of various situations

Fundamental movement skills/ Gymnastics/ Dance.

- Show control in take-off and landings when jumping.
- Keep track of personal best performances, setting targets for improvement
- Copy and remember moves and positions • Move with careful control and coordination.
- Link two or more actions to perform a sequence • Choose movements to communicate a mood, feeling or idea.
- Create dances and movements that convey a definite idea. • Change speed and levels within a performance.
- Compose creative and imaginative dance sequences.
- Copy and remember actions • Move with some control and awareness of space.
- Link two or more actions to make a sequence • Show contrasts (such as small/tall, straight/curved and wide/narrow).
- Travel by rolling forwards, backwards and sideways.
- Hold a position whilst balancing on different points of the body. • Climb safely on equipment.
- Stretch and curl to develop flexibility. • Jump in a variety of ways and land with increasing control and balance.
- Hold shapes that are strong, fluent and expressive.

-Increase social awareness of environment by stating what is taking place in environment or imitating actions of others. - Increase safety awareness by stating the effect of various situations

Fundamental movement skills/ coordination/ Hockey.

- Maintain possession of a ball (with, e.g. feet, a hockey stick or hands). Use a range of throwing techniques (such as under arm, over arm).
- Throw with accuracy to hit a target or cover a distance. Jump in a number of ways, using a run up where appropriate.
- Travel in a variety of ways, including flight, by transferring weight to generate power in movements.
- Swing and hang from equipment safely (using hands).

- Work cooperatively

-Increase social awareness of environment by stating what is taking place in environment or imitating actions of others.

- Increase safety awareness by stating the effect of various situations

Fundamental movement skills/ variety of balls/ basketball.

- Maintain possession of a ball (with, e.g. feet, a hockey stick or hands). Use a range of throwing techniques (such as under arm, over arm).
- Throw with accuracy to hit a target or cover a distance. Jump in a number of ways, using a run up where appropriate.
- Travel in a variety of ways, including flight, by transferring weight to generate power in movements.
- Swing and hang from equipment safely (using hands).

- Work cooperatively

-Increase social awareness of environment by stating what is taking place in environment or imitating actions of others.

- Increase safety awareness by stating the effect of various situations

Fundamental movement skills/ outdoor adventure activities/ athletics.

- Arrive properly equipped for outdoor and adventurous activity.
- Understand the need to show accomplishment in managing risks.
- Show control in take-off and landings when jumping.
- Keep track of personal best performances, setting targets for improvement
- Travel in a variety of ways, including flight, by transferring weight to generate power in movements.
- Swing and hang from equipment safely (using hands).

- Work cooperatively

-Increase social awareness of environment by stating what is taking place in environment or imitating actions of others.

- Increase safety awareness by stating the effect of various situations

-Identify and understand various non-verbal social communication behaviours; tone of voice, personal space, vocal volume, body orientation, and facial expressions.