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| **PREP** | **IDEAS/ACTIVITIES** | **GRADE 1-2** | **IDEAS/ACTIVITIES** |
| SafetyRulesWhistle use | Warm up gamesCat and MouseSnowball TagTail Tag | Spatial AwarenessDeveloping peripheral visionRunningDodging | Warm up games |
| Assessment of rudimentary skillsRunningHopping - L, RJumping Jump to balanced landingSkippingCross patterning | Use assessment checklistIpad video | Throwing | Build on skills learned in prepDevelop correct throwing techniqueEyes forwardArm backOpposite foot forwardFollow through |
| Fundamental motor skillsRunningDodging | Cat and MouseSnowball TagTail Tag | Catching | Watching ballHands in front of bodyFingers spread |
| Ball skillsFree exploration* Rolling
* Throwing
* Catching
* Bouncing
 | Single usePartner workTeacher directed | Running | Correcting styleFruit saladBeat the bandRace the ballDeveloping stamina with some distance running |
| Running | Correcting styleFruit saladBeat the bandRace the ball | Kicking | Building on previously learned skills and applying to minor games |
| Kicking | Skill immersion using inflatable bladders or soft ballsKicking to wallKicking to target | Rope skipping | Individual rope skippingLong rope group skippingIncreasing stamina |
| Rope skipping | Introduction to skipping with hoopsChoosing correct length ropeSingle rope skippingLong rope skipping | Gymnastics | Basic skills BalancingPartner workSimple gymnastic moves |
| Gymnastics | Basic skills BalancingPartner workSimple gymnastic moves | Dance | Just DanceSocial DanceBush Dance |
| Dance  | Just DanceSocial DanceBush Dance | Sidearm strike | Introduce skillPractice off t ball standsIncorporate into minor game |
| Advanced Throwing & Catching | Build on skills previously taughtUse smaller balls | Advanced Throwing & Catching | Build on skills previously taughtIncrease distanceAccuracyUse smaller balls |
| Swimming program | Water safetyWater awarenessBasic skills development | Swimming Program | Water safetyWater awarenessBasic skills development |
| Group games | CrocodileOctopusFox and Sheep | Group Games related to skill development | CrocodileOctopusFox and Sheep |
| Sports day activities | Relays with batons, ballsActivities that are used at sports days | Sports day activities | Relays with batons, ballsActivities that are used at sports days |
| Developmental play | Using designated equipment, create and develop a group game | Developmental play | Using designated equipment, create and develop a group gameExplain rules and demonstrate to group |