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| **PREP** | **IDEAS/ACTIVITIES** | **GRADE 1-2** | **IDEAS/ACTIVITIES** |
| Safety  Rules  Whistle use | Warm up games  Cat and Mouse  Snowball Tag  Tail Tag | Spatial Awareness  Developing peripheral vision  Running  Dodging | Warm up games |
| Assessment of rudimentary skills  Running  Hopping - L, R  Jumping  Jump to balanced landing  Skipping  Cross patterning | Use assessment checklist  Ipad video | Throwing | Build on skills learned in prep  Develop correct throwing technique  Eyes forward  Arm back  Opposite foot forward  Follow through |
| Fundamental motor skills  Running  Dodging | Cat and Mouse  Snowball Tag  Tail Tag | Catching | Watching ball  Hands in front of body  Fingers spread |
| Ball skills  Free exploration   * Rolling * Throwing * Catching * Bouncing | Single use  Partner work  Teacher directed | Running | Correcting style  Fruit salad  Beat the band  Race the ball  Developing stamina with some distance running |
| Running | Correcting style  Fruit salad  Beat the band  Race the ball | Kicking | Building on previously learned skills and applying to minor games |
| Kicking | Skill immersion using inflatable bladders or soft balls  Kicking to wall  Kicking to target | Rope skipping | Individual rope skipping  Long rope group skipping  Increasing stamina |
| Rope skipping | Introduction to skipping with hoops  Choosing correct length rope  Single rope skipping  Long rope skipping | Gymnastics | Basic skills  Balancing  Partner work  Simple gymnastic moves |
| Gymnastics | Basic skills  Balancing  Partner work  Simple gymnastic moves | Dance | Just Dance  Social Dance  Bush Dance |
| Dance | Just Dance  Social Dance  Bush Dance | Sidearm strike | Introduce skill  Practice off t ball stands  Incorporate into minor game |
| Advanced Throwing & Catching | Build on skills previously taught  Use smaller balls | Advanced Throwing & Catching | Build on skills previously taught  Increase distance  Accuracy  Use smaller balls |
| Swimming program | Water safety  Water awareness  Basic skills development | Swimming Program | Water safety  Water awareness  Basic skills development |
| Group games | Crocodile  Octopus  Fox and Sheep | Group Games related to skill development | Crocodile  Octopus  Fox and Sheep |
| Sports day activities | Relays with batons, balls  Activities that are used at sports days | Sports day activities | Relays with batons, balls  Activities 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 game  Explain rules and demonstrate to group |