

Introduction

- ① “To see young people growing in physical skills, self confidence and self-worth is a truly enriching experience. Nowhere in school is it more visible than in PE”.
Duncan Goodhew, Swimmer
- ① “Exercise activates your brain and gives you energy for everything else, the energy to be enthusiastic about your work. So all your school work will gain from physical education”.
Darcey Bussell, Dancer, The Royal Ballet

'Designing New Learning Milieus'

- To have a common understanding among the Physical Education teachers about the sequence of skills i.e. from motor skills to Game skills for the classes Prep-8 which will enrich the Physical Education curriculum in schools and also contribute to the holistic development in children.

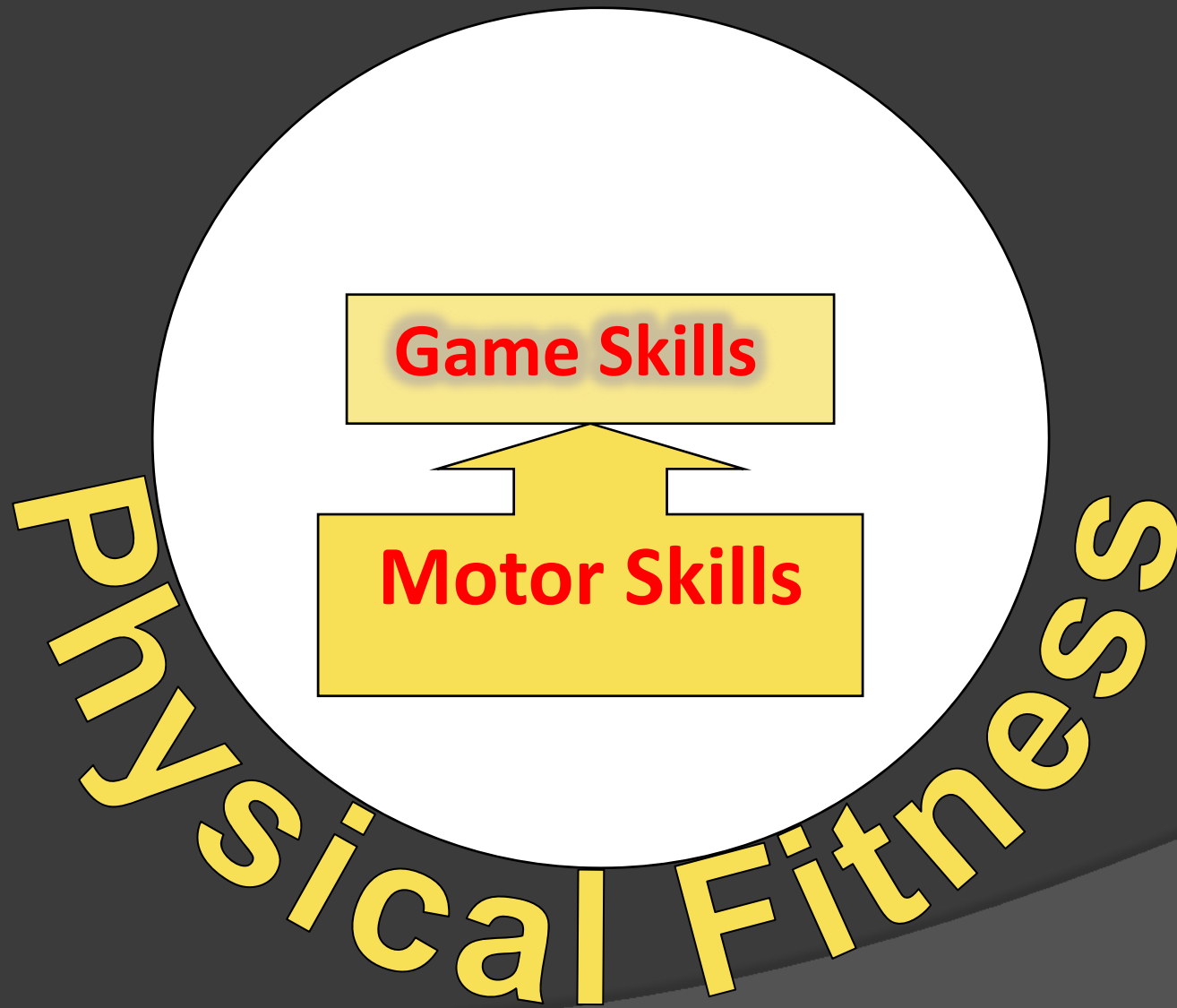
General Trend in schools:

- Teaching basic recreational games to students.
- Selecting students with basic skills, ability and fitness for representing the school teams for various sports and games
- Promoting the students from the team to take up professional sports eventually (entering clubs, college teams and aiming for state and national selections)

At ADITI

What do we do?

- Teach basic motor skills in a systematic/sequential way.
- Focus on acquisition of skills in all students.
- Continually assess skills (performance after practice).
- Develop and promote general physical fitness (Fitness programme).



Why?

- To develop the basic motor skills.
- To introduce all skills and fitness so as to enable students to take up any major sport.
- To develop their social skills and mental alertness which contributes to their holistic growth.

How?

- Through a variety of activities, relays and minor games.
- Motivating and encouraging all students to develop these skills through integrating the skills with other subjects.

- ⦿ We have a tendency to assume that by the age of eight or nine years the basic movement patterns will simply be acquired and mastered through the normal developmental process. While it is true that some fundamental motor skills (such as walking) will naturally develop to an acceptable level of proficiency for most children through the development process, the majority of fundamental motor skills must be taught, reinforced and assessed to ensure that all children have the skills needed for later movement success.

*Joperd, the Journal of Physical Education,
Recreation and Dance, Pub date: 1st September
2002*

Aditi-PE Curriculum

CONTENTS

➤ **Health Education**

- Human body
- Importance of Physical Education
- First Aid
- Health and Nutrition

➤ **General Physical Skills**

- Fitness(physical skills and motor skills)
- Games(minor and major)
- Gymnastics(basic movements)

➤ **Athletics**

- Sprint, Throws and Jumps

➤ **Swimming**

- Basic skills

➤ **Taekwondo**

- Martial Arts(self defense)

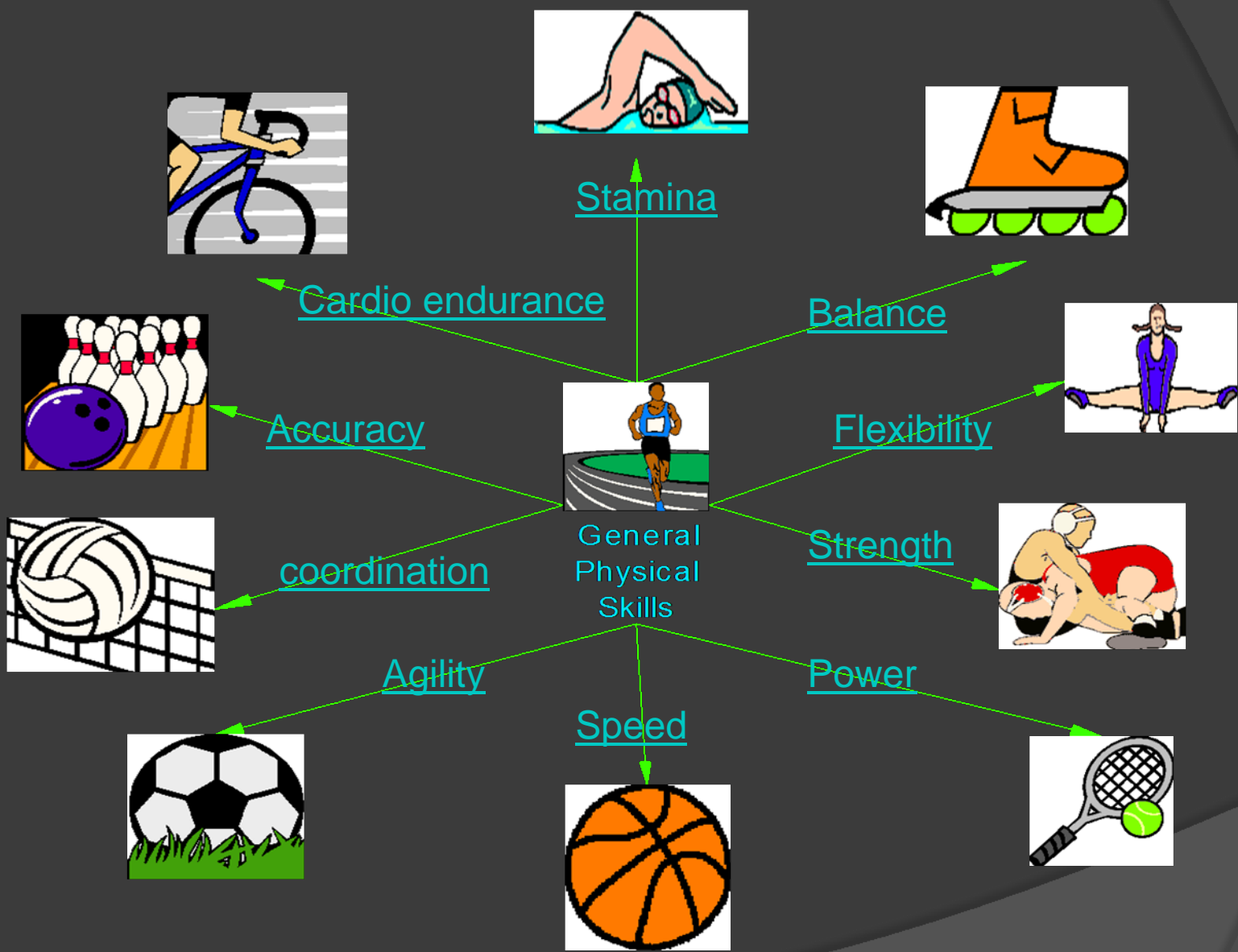
Key Stages

- Ages 5 to 8 – students introduced to different skills and learn the appropriate developmental levels
- Ages 9 to 12 – content is consolidated, students' skills are refined, progression of skill is seen
- Ages 13 onwards – ready to integrate all that they know into all that they can do (knowledge and performance).

General Physical Skills

- **Strength**
- **Flexibility**
- **Accuracy**
- **Agility**
- **Balance**
- **Stamina**
- **Power**
- **Speed**
- **Cardio endurance**
- **Coordination**





General Physical Skills

Stamina	Running, jumping, hopping and skipping.
Cardio endurance	Running, jumping, hopping, skipping and dodging.
Flexibility	Stretching, jumping, throwing, kicking and striking.
Balance	Jumping, hopping, skipping, kicking, hanging and dodging.
Strength	Running, jumping, hopping, throwing, kicking, striking, bouncing, dribbling and hanging.
Power	Running, and stopping, hopping, skipping and throwing.
Speed	Running, jumping, hopping, skipping and dodging.
Coordination	Running, jumping, hopping, skipping, throwing, kicking, striking, bouncing and dribbling.
Agility	Running, jumping, hopping, skipping, throwing, kicking, striking, bouncing, dribbling and stretching.
Accuracy	Throwing, kicking, striking and dodging.

Skills required for Major Games

Basketball	Dribbling (Bouncing), shooting, catching, throwing and passing.
Football	Kicking, tackling, shooting, passing, throwing, heading and dribbling.
Cricket	Catching, throwing, bowling, fielding, passing and batting.
Athletics	Running, jumping and throwing.
Gymnastics	Balancing, flexing, hopping and Jumping.

Integration

- We integrate PE with other subjects to develop knowledge about rules and regulations, health education, nutrition and game skills.

Assessment

Performance levels (3):

- ⦿ M- Mastery (Displays high level of achievement/ Performs very well).
- ⦿ C- Competence (Performs well/Displays competence).
- ⦿ W- Working knowledge (Needs to practice and work hard towards).

Holistic Growth

- Provides opportunities to promote:
 - Moral, social and cultural development.
 - Thinking skills.
 - Work related learning.
- Provides opportunities for pupils to develop the key skills of:
 - Communication
 - Application of number
 - Information technology
 - Team work
 - Improving their own learning
 - Performance and problem solving.

Thank you