



**Providence English Pvt. School**

**مدرسة العناية الانجليزية الخاصة**

## **Physical Education ( Year 1 to Year 3)**

### **Moving Well**

123MW.01 Practise and refine basic movement skills.

123MW.02 Perform movement skills with increasing proficiency and use them sequentially.

123MW.03 Move with control and coordination, using space in different ways and moving with different speeds and dynamics.

123MW.04 Refine and extend movement competence and confidence through responding and adapting to the demands of a range of contexts, apparatus and equipment, showing coordination and control.

### **Understanding Movement**

123UM.01 Describe own and others' movements using simple activity-specific vocabulary.

123UM.02 Describe actions, dynamics, space and relationships when observing and engaging in movement.

123UM.03 Use simple criteria to evaluate success and identify the need for improvement in basic movement tasks and challenges.

123UM.04 Understand and follow simple rules, and understand and use tactics and compositional ideas.

### **Moving Creatively**

123MC.01 Explore a variety of movements and movement patterns that begin to demonstrate creativity.

123MC.02 Explore and discover ways of interacting in movement with different situations and contexts, including a range of apparatus and equipment.

123MC.03 Respond to given and selected tasks and challenges in a range of movement contexts.

123MC.04 Discover and use a range of compositional ideas to express themes, moods and emotions.

### **Taking Part**

123TP.01 Show involvement when working alone, when sharing space, in whole group physical activity and when playing with others.

123TP.02 Know their roles and start to recognise others' roles in a range of simple individual and small team/group context.

123TP.03 Know how to work independently towards the achievement of agreed movements goals.

123TP.04 Begin to take and share the lead in team/group.

123TP.05 Recognise movement qualities in self and others and be able to describe own movement strengths and areas for improvement.

123TP.06 Listen to others and respond appropriately in a range of movement tasks and challenges.

### **Taking Responsibility**

123TR.01 Show increasing ability to share space and equipment, to take turns and to cooperate with others.

123TR.02 Understand individual responsibility for moving and using equipment and space safely, following associated rules and regulations.

123TR.03 Demonstrate collaboration and begin to understand what fair play is in team/group physical activities.

123TR.04 Understand when and how to engage the help of others during group movement tasks.

123TR.05 Give supportive feedback in partner/small group activities. Show appreciation of and respect for contributions and motivation to improve.

### **Healthy Bodies**

123HB.01 Demonstrate understanding of bodily changes during physical activity and the positive benefits of physical activity for health and wellbeing.

123HB.02 Identify and name which body parts are being used during physical activity and why these are important.

123HB.03 Identify the required level of intensity during a range of simple physical activities and begin to work towards achieving this.

123HB.04 Recognise the current limits of own capacities, and understand the risks associated with different contexts and physical activities.

123HB.05 Understand the importance of warming up and cooling down the body when participating in physical activity.

123HB.06 Understand some components of a healthy diet.