

SAC Junior School Physical Education Curriculum Overview

	K1 to K2	P1 to P2	P3 to P4	P5 to P6
Sept. / Oct. / Mar.	Games Introduction to basic movement activities and games that promote cooperation and sharing.	Games Engagement in more structured team games with basic rules and roles.	Games Engagement in team sports with more advanced rules, positions, and tactical thinking.	Games Engagement in advanced team sports and modified versions of traditional sports.
	Focus on developing the fundamental motor skills - locomotor, stability and manipulative skills.	Simple sports drills to introduce foundational skills like passing, dribbling, and shooting.	Team-building games that require cooperation, communication, and strategic decision-making.	Focus on advanced tactics, game strategies, team building and sportsmanship.
	Simple tag games and group activities to enhance spatial awareness and basic game rules.	Emphasis on fair play, cooperation, and following game etiquette.	Focus on adapting game strategies and tactics based on different situations.	Opportunities for leadership roles within team settings.
	Outdoor and Adventure Nature walks and basic outdoor exploration activities to foster curiosity and appreciation for the environment.	Outdoor and Adventure Introduction to more complex outdoor challenges involving navigation and problem-solving.	Outdoor and Adventure Inclusion of more challenging outdoor challenges, such as problem-solving trails and team initiatives.	Outdoor and Adventure Engagement in challenging outdoor activities that require problem-solving, critical thinking, and cooperation.

Sept. / Oct. / Nov.	Introduction to basic team challenges and obstacle courses that encourage teamwork and problem-solving.	Activities that require teamwork and communication to overcome obstacles.	Introduction to more specific outdoor activities - orienteering.	Emphasis on advanced navigation skills and responsible outdoor behavior.
		Development of confidence in outdoor settings through exploration and group tasks.	Development of leadership and decision-making skills during outdoor activities.	Opportunities for planning and executing outdoor adventures.
December/ January	Dance Introduction to rhythmic movements and simple dance sequences.	Dance Exploration of various dance styles, rhythms, and cultural dance forms.	Dance Exploration of cultural dances, modern dance styles, and interpretive dance forms.	Dance Deep exploration of dance forms, including classical, contemporary, and cultural dances.
	Creative dance activities that encourage self-expression and coordination.	Choreography activities that encourage students to create their own dance routines.	Choreography projects that encourage students to collaborate and experiment with different dance elements.	In-depth choreography projects that showcase advanced dance skills and storytelling.

	Incorporation of music and storytelling into basic dance routines.	Incorporation of basic dance techniques and steps into more complex routines.	Focus on performance techniques and expressive body movements.	Focus on performance quality, technique, and artistic interpretation.
February/ March	Gymnastics Basic balance exercises, body movements, and basic floor routines to improve coordination and body awareness.	Gymnastics Progression to more advanced gymnastics skills, including rolls, balances, and sequences.	Gymnastics Mastery of more complex gymnastics skills, including inversions, dynamic movements, and sequences.	Gymnastics Mastery of intricate gymnastics movements and sequences that demonstrate control, flexibility, and strength.
	Exploration of movement through imaginative play and creative activities.	Exploration of different movement pathways and spatial orientations.	Focus on combining elements into longer routines that demonstrate control and creativity.	Exploration of artistic gymnastics elements and routines that incorporate creativity and expression.
	Focus on building confidence in movement and self-expression.	Introduction to partner work and small group routines.	Introduction to basic principles of flexibility and strength training.	Introduction to more specialised gymnastics techniques.
	Athletics	Athletics	Athletics	Athletics

April/ May	Introduction to basic running, jumping, and throwing activities in a fun and playful manner.	Introduction to formal athletic events such as relays, standing long jumps, and shot put.	Further refinement of athletic techniques in running, jumping, and throwing events.	Mastery of advanced athletic techniques, with a focus on refining form and maximising performance.
	Activities that help develop hand-eye coordination and spatial awareness.	Focus on refining running techniques and improving speed and agility.	Introduction to training and preparation for specific athletic disciplines. Internal Sports Cup competition commences.	Introduction to more advanced sports strategies and tactics in competitive settings. Internal Sports Cup competition commences.
	Focus on building a positive attitude towards physical activity and trying new movements.	Introduction to basic sports strategies and the concept of personal bests.	Emphasis on personal improvement, goal-setting, and understanding the concept of competition.	Emphasis on personal bests, setting goals, and understanding the role of practice and dedication.