



Physical Education Overview

The Physical Education curriculum comprises of the 'Movement and Physical Activity' strand. The content in this strand is organised under three interrelated sub-strands.

Moving Our Body

- Body management skills
- Locomotor skills
- Object control skills
- Fundamental movement skills
- Simple games
- Movement skills and tactics
- Basic strategies and tactics

Understanding Movement

- Benefits of physical activity
- Maintaining a balanced position
- Positive responses to physical activity
- Body reactions to physical activity
- Movement skills combining various elements

Learning Through Movement

- Cooperation in physical activity
- Rules in physical activity
- Positive choices
- Solving movement challenges
- Fair play
- Inclusion practices
- Various roles in physical activity
- Ethical behaviour
- Interpersonal skills