

## ISB PE Scope & Sequence Overview 2008-09

	Phase 1	Phase 2	Phase 3
<p><b>Body Control and Spatial Awareness</b></p>	<p>Develop an awareness of space, directions and levels in relation to others and to their working environments</p> <ul style="list-style-type: none"> <li>• Able to move around and change direction without bumping into people or objects</li> <li>• Moving at different levels with smooth linking actions</li> </ul> <p>Travel in different ways, changing speed and direction with control</p> <ul style="list-style-type: none"> <li>• Demonstrate different ways of moving safely</li> </ul> <p>Handle different apparatus and small equipment using various body parts</p> <ul style="list-style-type: none"> <li>• When using equipment is able to demonstrate various movements in a coordinated and safe fashion</li> </ul> <p>Hold their body weight using various body parts as bases</p> <ul style="list-style-type: none"> <li>• Able to balance on various body parts</li> </ul>		
<p><b>Adventure Challenge</b></p>	<p>Solve challenging problems, individually, in pairs or in small groups</p> <ul style="list-style-type: none"> <li>• Able to communicate to successfully achieve a task</li> </ul> <p>Solve challenges with or without apparatus</p> <ul style="list-style-type: none"> <li>• Able to communicate to successfully achieve a task</li> </ul> <p>Participate in small group activities to accomplish a common goal</p> <p>Able to communicate and cooperate in a small group to successfully achieve a task</p>	<p>Solve challenging problems, individually, in pairs or in small groups</p> <ul style="list-style-type: none"> <li>• Able to communicate to successfully achieve a task</li> </ul> <p>Solve challenges with or without apparatus</p> <ul style="list-style-type: none"> <li>• Able to communicate to successfully achieve a task</li> </ul> <p>Participate in small group activities to accomplish a common goal</p> <ul style="list-style-type: none"> <li>• Able to communicate and cooperate in a small group to successfully achieve a task</li> </ul> <p>Hold their body weight using various body parts as bases</p> <ul style="list-style-type: none"> <li>• Able to balance on various body parts</li> </ul>	<p>Explore and develop the ability to solve tasks, individually, in pairs or in groups</p> <ul style="list-style-type: none"> <li>• Able to communicate to successfully achieve a task</li> </ul> <p>Participate in small group activities to accomplish a common goal</p> <ul style="list-style-type: none"> <li>• Able to communicate and cooperate in a small group to successfully achieve a task</li> </ul>

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<p><b>Movement to Music</b></p>	<p>Combine locomotor and non-locomotor skills in order to develop rhythmic responses</p> <ul style="list-style-type: none"> <li>• Movements respond to music</li> <li>• Move in time to the music</li> <li>• Following instructions to music</li> <li>• Express feelings towards a variety of music</li> </ul> <p>Respond through movement to a range of stimuli</p> <ul style="list-style-type: none"> <li>• Demonstrate a wide range of feelings using movement and facial expressions</li> </ul> <p>Express feelings and moods using imagination and original ideas</p> <ul style="list-style-type: none"> <li>• Discuss the way a variety of music genres make them feel</li> </ul> <p>Create simple individual movement sequences</p> <ul style="list-style-type: none"> <li>• Moving with timing to a selected song</li> </ul> <p>Master a dance containing basic step patterns, which has a beginning, middle and end.</p> <ul style="list-style-type: none"> <li>• Following simple dance steps as outlined by the teacher</li> <li>• Remembering the dance steps without teacher prompts</li> <li>• Remembering the dance steps using own methods and techniques</li> <li>• Able to copy the movement patterns with and without music</li> </ul>	<p>Combine locomotor and non-locomotor skills in order to improve rhythmic responses</p> <ul style="list-style-type: none"> <li>• Movements accurately respond to music</li> <li>• Move gracefully in time to the music</li> <li>• Able to give and follow instructions in response to music</li> <li>• Creatively express feelings towards a variety of music</li> </ul> <p>Respond through movement to a range of stimuli</p> <ul style="list-style-type: none"> <li>• Demonstrate a wide range of emotions using movement and facial expressions</li> <li>• Able to move to a rhythm</li> </ul> <p>Express feelings and moods using imagination and original ideas</p> <ul style="list-style-type: none"> <li>• Discuss in detail the way a variety of music genres make them feel</li> </ul> <p>Create simple movement sequences</p> <ul style="list-style-type: none"> <li>• Individually and in a group is able to move with timing to a selected song</li> </ul> <p>Master a dance containing basic step patterns with a partner or in small groups</p> <ul style="list-style-type: none"> <li>• Able to execute the steps of a dance with increasing precision</li> <li>• Reflect upon group work together and discuss how this affected the sequence.</li> <li>• Accurately remembering the dance steps using own methods and techniques</li> <li>• Able to accurately copy the movement patterns with and without music</li> </ul> <p>Begin to master dances with more complex step patterns</p> <ul style="list-style-type: none"> <li>• Complete a social dance routine</li> </ul>	<p>Demonstrate controlled movement changing speed and direction</p> <ul style="list-style-type: none"> <li>• Accurately respond to music in a variety of ways</li> <li>• Move gracefully in time to a variety of music genres</li> <li>• Able to give and follow instructions in response to a variety of music genres</li> <li>• Creatively express feelings towards a variety of music</li> </ul> <p>Combine locomotor and non-locomotor skills in order to refine rhythmic responses</p> <ul style="list-style-type: none"> <li>• Improvise appropriate movements to the music</li> <li>• Spontaneously move to the music</li> </ul> <p>Respond through movement to a range of stimuli</p> <ul style="list-style-type: none"> <li>• Able to use props and costumes in order to enhance creation and performance skills</li> </ul> <p>Express feelings and moods using imagination and original ideas</p> <ul style="list-style-type: none"> <li>• Perform a dance routine they have created themselves</li> </ul> <p>Create more complex movement sequences</p> <ul style="list-style-type: none"> <li>• Accurately copy a movement sequence with and without music</li> </ul> <p>Be exposed to a range of dances containing more complex step patterns</p> <ul style="list-style-type: none"> <li>• To put into practice learned step patterns to a selected song</li> </ul> <p>Master a dance containing complex step patterns with a partner or in small groups</p> <ul style="list-style-type: none"> <li>• Able to execute the complex steps of a dance with increasing precision</li> <li>• Reflect upon group work together and discuss how this affected the sequence.</li> <li>• Accurately remembering the complex dance steps using own methods and techniques</li> <li>• Able to accurately copy the complex movement patterns with and without music</li> </ul> <p>Begin to recognize techniques and forms of dance</p> <ul style="list-style-type: none"> <li>• Complete a social dance routine</li> </ul>
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			<p>Be aware of different purposes and types of dance</p> <ul style="list-style-type: none"> <li>Recognizing a variety of dance forms and functions</li> <li>Suggest different reasons why people dance</li> </ul> <p>Appreciate the dances of different countries and cultures</p> <ul style="list-style-type: none"> <li>Incorporate the national dances of the various cultures and countries represented at our school</li> </ul>
<p>Games</p>	<p>Develop coordination, manipulation and balance</p> <ul style="list-style-type: none"> <li>Move with increased coordination and balance in a game situation</li> <li>Manipulate equipment with coordination in order to effectively participate in a simple game</li> </ul> <p>Travel in different ways, changing speed and direction while maintaining body control</p> <ul style="list-style-type: none"> <li>Move safely and with coordination at a variety of levels to suit the game they are involved with</li> <li>Change direction quickly and safely while maintaining balance in a game situation</li> </ul> <p>Explore different apparatus and small equipment using various body parts</p> <ul style="list-style-type: none"> <li>Manipulate equipment with coordination using a variety of body parts in order to participate effectively in a simple game</li> </ul> <p>Participate in, and follow instructions for, simple games requiring little or no equipment.</p> <ul style="list-style-type: none"> <li>Effective and active participation in simple games with and without equipment</li> </ul>	<p>Develop coordination, manipulation, balance and spatial awareness</p> <ul style="list-style-type: none"> <li>Move with increased coordination, balance and spatial awareness in a game situation</li> <li>Manipulate equipment with increased coordination in order to effectively participate in simple games</li> </ul> <p>Participate in activities that develop spatial awareness and locomotor skills</p> <ul style="list-style-type: none"> <li>Safe and active involvement in simple games</li> </ul> <p>Handle different apparatus and small equipment using various body parts</p> <ul style="list-style-type: none"> <li>Manipulate equipment with increased coordination using a variety of body parts in order to participate effectively games</li> </ul> <p>Participate in simple lead-up games</p> <ul style="list-style-type: none"> <li>Safe and active involvement in lead-up games</li> </ul> <p>Begin to develop own games and related activities.</p> <ul style="list-style-type: none"> <li>Using equipment create own games or activities (with rules)</li> <li>Considers safety when creating games</li> </ul>	<p>Develop coordination, manipulation, balance and spatial awareness</p> <ul style="list-style-type: none"> <li>Move with effective coordination, balance and spatial awareness in a variety of game situations</li> <li>Manipulate equipment with accurate technique and coordination in order to effectively participate in a variety of games</li> </ul> <p>Participate in activities that refine locomotor skills</p> <ul style="list-style-type: none"> <li>Safe and active involvement in a variety of games</li> </ul> <p>Become competent in handling different apparatus and small equipment</p> <ul style="list-style-type: none"> <li>Manipulate equipment with accurate technique and coordination using a variety of body parts</li> <li>Participate effectively in a variety of games</li> </ul> <p>Participate in lead-up games</p> <ul style="list-style-type: none"> <li>Safe, effective and active involvement in lead-up games</li> </ul> <p>Participate in scaled-down or adapted versions of the recognized sports, for example invasion games, fielding and striking games, net games and target games</p> <ul style="list-style-type: none"> <li>Safe, effective and active involvement in a variety of modified games</li> </ul> <p>Develop own innovative games and related activities.</p> <ul style="list-style-type: none"> <li>Using equipment creates own games or activities (with rules)</li> <li>Identifies safety procedures when creating games</li> </ul>

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<p><b>Gymnastics</b></p>	<p>Develop the traditional gymnastic skills, involving physical agility, flexibility, strength and coordination</p> <ul style="list-style-type: none"> <li>• Demonstrate to ability to safely complete a variety of gymnastics skills, with assistance (if required), using spring, balance, rotation and/or landing</li> </ul> <p>Interpret and answer movement tasks in their own way, and at their own level, on the floor</p> <ul style="list-style-type: none"> <li>• Demonstrate to ability to safely complete a variety of gymnastics skills at different levels, with assistance (if required), using spring, balance, rotation and/or landing</li> </ul> <p>Interpret and answer movement tasks in their own way, and at their own level, using apparatus</p> <ul style="list-style-type: none"> <li>• Demonstrate to ability to safely complete a variety of gymnastics skills on equipment, with assistance (if required), using spring, balance, rotation and/or landing</li> </ul> <p>Combine locomotor and non-locomotor skills while using small equipment.</p> <ul style="list-style-type: none"> <li>• Using equipment explores movement in a coordinated fashion (e.g. hoops, skipping ropes, balls, ribbons etc...)</li> </ul>	<p>Combine simple movements to create short sequences</p> <ul style="list-style-type: none"> <li>• Develops own safe movement sequences with and/or without music</li> <li>• Utilises gymnastic skills in movement sequences (e.g. spring, balance, rotation and/or landing)</li> </ul> <p>Improve the traditional gymnastic skills, involving physical agility, flexibility, strength and coordination</p> <ul style="list-style-type: none"> <li>• Demonstrate to ability to safely complete a variety of gymnastics skills, using spring, balance, rotation and/or landing</li> </ul> <p>Interpret and answer movement tasks in their own way, and at their own level, on the floor</p> <ul style="list-style-type: none"> <li>• Demonstrate to ability to safely complete a variety of gymnastics skills at different levels, using spring, balance, rotation and/or landing</li> </ul> <p>Interpret and answer movement tasks in their own way, and at their own level, using apparatus</p> <ul style="list-style-type: none"> <li>• Demonstrate to ability to safely complete a variety of gymnastics skills on equipment, using spring, balance, rotation and/or landing</li> </ul> <p>Combine locomotor and non-locomotor skills while using small equipment.</p> <ul style="list-style-type: none"> <li>• Using equipment develops original, coordinated movements (e.g. hoops, skipping ropes, balls, ribbons etc...)</li> </ul>	<p>Combine movements to create sequences</p> <ul style="list-style-type: none"> <li>• Develops own safe, coordinated and extended movement sequences with and without music</li> <li>• Utilises a variety gymnastic skills in a series of movement sequences (e.g. spring, balance, rotation and/or landing)</li> </ul> <p>Refine the traditional gymnastic skills, involving physical agility, flexibility, strength and coordination</p> <ul style="list-style-type: none"> <li>• Demonstrate to ability to safely complete a variety of refined gymnastics skills, using spring, balance, rotation and/or landing</li> </ul> <p>Interpret and answer movement tasks in their own way, and at their own level, on the floor</p> <ul style="list-style-type: none"> <li>• Demonstrate to ability to safely complete a varied range of refined gymnastics skills at different levels, using spring, balance, rotation and/or landing</li> </ul> <p>Interpret and answer movement tasks in their own way, and at their own level, using apparatus</p> <ul style="list-style-type: none"> <li>• Demonstrate to ability to safely complete a varied range of refined gymnastics skills on equipment, using spring, balance, rotation and/or landing</li> </ul> <p>Combine locomotor and non-locomotor skills while manipulating small equipment.</p> <ul style="list-style-type: none"> <li>• Using equipment develops a variety of original, coordinated movements (e.g. hoops, skipping ropes, balls, ribbons etc...)</li> </ul>
<p><b>Health related Activities</b></p>	<p>Recognize the elements and the benefits of a healthy lifestyle (rest, well-balanced nutrition, exercise etc)</p> <ul style="list-style-type: none"> <li>• Maintain a well-balanced diet</li> <li>• Come to school well rested</li> <li>• Participate actively in the class PE programme</li> </ul> <p>Become aware of the importance of physical activities in daily life</p> <ul style="list-style-type: none"> <li>• Participate actively in class PE programme</li> </ul>	<p>Identify and recognize the elements and the benefits of a healthy lifestyle (rest, well balanced nutrition, exercise etc)</p> <ul style="list-style-type: none"> <li>• Maintain a well-balanced diet</li> <li>• Come to school well rested</li> <li>• Participate actively in the class PE programme</li> <li>• Contribute to discussions during PE</li> </ul> <p>Be aware of the importance of physical activity in daily life</p>	<p>Identify and recognize the elements of a healthy lifestyle (rest, well-balanced nutrition, exercise etc)</p> <ul style="list-style-type: none"> <li>• Maintains a well-balanced diet</li> <li>• Comes to school well rested</li> <li>• Participates actively in the class PE programme</li> <li>• Actively contributes to discussions during PE</li> </ul> <p>Identify and recognize the benefits of a healthy lifestyle</p>

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	<p>Recognize basic changes that occur to their bodies when exercising</p> <ul style="list-style-type: none"> <li>• Discusses feelings when exercising</li> <li>• Drinks water on a regular basis</li> </ul> <p>Demonstrate safety when exercising.</p> <p>Demonstrates an active awareness of safety during PE lessons</p>	<ul style="list-style-type: none"> <li>• Participate actively in class PE programme</li> <li>• Participate in school sports teams when possible</li> </ul> <p>Recognize the physical changes that occur to their bodies when exercising</p> <ul style="list-style-type: none"> <li>• Actively aware of physical condition during PE</li> <li>• Communicates feelings during PE</li> <li>• Drinks water before, during and after PE</li> </ul> <p>Demonstrate safety when exercising.</p> <ul style="list-style-type: none"> <li>• Demonstrates an active awareness of safety during PE lessons</li> <li>• Considers safety when developing own PE activities and/or games</li> </ul>	<ul style="list-style-type: none"> <li>• Maintains a well-balanced diet</li> <li>• Comes to school well rested</li> <li>• Participates actively in the class PE programme</li> <li>• Actively contributes to discussions during PE</li> </ul> <p>Be aware of the importance of physical activity in daily life</p> <ul style="list-style-type: none"> <li>• Participate actively in class PE programme</li> <li>• Regular participation in a variety of school sports teams</li> </ul> <p>Recognize the physical changes that occur to their bodies when exercising</p> <ul style="list-style-type: none"> <li>• Actively aware of physical condition during PE</li> <li>• Communicates feelings during PE</li> <li>• Drinks water before, during and after PE</li> </ul> <p>Demonstrate and apply safety when exercising.</p> <ul style="list-style-type: none"> <li>• Demonstrates an active awareness of safety during PE lessons</li> <li>• Considers safety when developing own PE activities and/or games</li> <li>• Identifies safety elements within their games</li> </ul>
<p><b>Athletics</b></p>		<p>Develop the basic techniques of jumping, throwing and running events</p> <ul style="list-style-type: none"> <li>• Demonstrate an understanding of jumping from one foot to two feet, one foot to the same foot, one foot to the other foot</li> <li>• Demonstrate an understanding of throwing using the sling method, the push method and the hurl method</li> <li>• Demonstrate an understanding of the correct running method for speed</li> </ul> <p>Learn and apply the basic rules of athletic events</p> <ul style="list-style-type: none"> <li>• Perform appropriate techniques for jumping, modified throwing events and running races</li> </ul> <p>Be introduced to collecting and recording results</p> <ul style="list-style-type: none"> <li>• Record results with assistance</li> </ul>	<p>Practise specific techniques of jumping, throwing and running events</p> <ul style="list-style-type: none"> <li>• Demonstrate the correct techniques for jumping from one foot to two feet, one foot to the same foot, one foot to the other foot</li> <li>• Demonstrate the correct techniques for throwing using the sling method, the push method and the hurl method</li> <li>• Run for speed using a technically correct style</li> <li>• Develop the ability to run for endurance</li> </ul> <p>Learn and apply the rules of various events</p> <ul style="list-style-type: none"> <li>• Perform accurate techniques for jumping, throwing events and running races</li> </ul> <p>Learn how to collect and record results</p> <ul style="list-style-type: none"> <li>• Record results of their performances</li> </ul>

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		<p>Understand and apply the basic safety rules in athletic events</p> <ul style="list-style-type: none"><li>• Shows an awareness of safety when performing in athletic events</li></ul>	<p>Understand and apply the safety rules in these events</p> <ul style="list-style-type: none"><li>• Is aware of safety when performing in athletic events</li></ul> <p>Evaluate their athletic performance and understand how they can improve their performance</p> <ul style="list-style-type: none"><li>• Use the results of their performances to try and improve</li></ul>
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