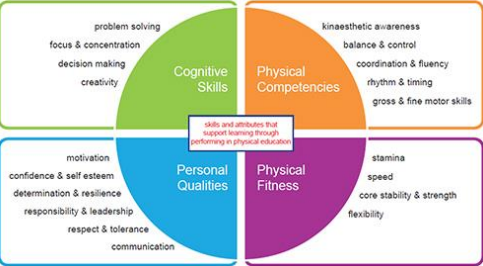




School:  
Classes:P1  
Dates: see content

<b>Experiences &amp; Outcomes</b>				
Movement skills, competencies and concepts		Cooperation and competition	Evaluating and appreciating	
I am learning to move my body well, exploring how to manage and control it and finding out how to use and share space. <b>HWB 0-21a</b>		I am developing my movement skills through practice and energetic play. <b>HWB 0-22a</b>	I am aware of my own and others' needs and feelings especially when taking turns and sharing resources. I recognise the need to follow rules. <b>HWB 0-23a</b>	
<p><b>Significant Aspects of Learning</b></p>  <p><b>Cognitive Skills</b> Problem Solving Focus &amp; Concentration Decision Making Creativity</p> <p><b>Personal Qualities</b> Motivation Confidence &amp; Self-esteem Determination &amp; Resilience Responsibility &amp; Leadership Respect &amp; Tolerance Communication</p>		<p><b>Benchmark statements</b></p> <p><b>Cognitive Skills - Focus and Concentration;</b> *Focuses on task and pays attention to stimuli e.g. instructions from a practitioner.</p> <p><b>Personal Qualities - Determination and Resilience:</b> *Is learning how to be a good winner and cope appropriately with losing. *Stays on task that may at first seem challenging, to achieve success. *Identifies and expresses some emotions appropriately e.g. happy/sad and understands how they can affect behaviour.</p> <p><b>Personal Qualities - Respect and Tolerance;</b> *Shares with others and shows consideration during energetic play. *Is aware of ideas, thoughts and feelings of others. *Takes turns with others to use equipment safely.</p> <p><b>Physical Competencies - Gross &amp; Fine Motor Skills:</b> * Perform basic components of movement e.g. run, jump, gallop, transfer of weight from one foot to another * Begin to perform movement skills in sequence e.g. catch an object with two hands * Begin to demonstrate eye/hand and eye/foot</p>	<p><b>Content (open to change)</b></p> <p><b>Block 3</b> Wednesday 30<sup>th</sup> Oct – Learning through Exploration 17; Beanbags</p> <p><b>Block 4</b> Wednesday 20<sup>th</sup> Nov – Learning through Exploration 21; Hoops</p> <p>Wednesday 27<sup>th</sup> Nov – Learning through Exploration 25; Newspapers</p> <p>Wednesday 4<sup>th</sup> Dec – Learning through exploration 18; Mats &amp; Benches</p> <p>Wednesday 11<sup>th</sup> Dec – Learning through exploration 23; Mats, Benches &amp; Small Equipment</p>	<p><b>IDL link (where appropriate)</b></p> <p>Through everyday experiences and play with a variety of toys and other objects, I can recognise simple types of forces and describe their effects. <b>SCN 0-07a</b></p> <p>I make full use of and value the opportunities I am given to improve and manage my learning and, in turn, I can help to encourage learning and confidence in others. <b>HWB 0-11a / HWB 1-11a / HWB 2-11a / HWB 3-11a / HWB 4-11a</b></p> <p>I am learning to assess and manage risk, to protect myself and others, and to reduce the potential for harm when possible. <b>HWB 0-16a / HWB 1-16a / HWB 2-16a / HWB 3-16a /</b></p>



# PEPASS

Physical Education  
Physical Activity  
School Sport

together inspiring success

<p><b>Physical Competencies</b> Kinaesthetic Awareness Balance &amp; Control Coordination &amp; Fluency Rhythm &amp; Timing Gross &amp; Fine Motor Skills</p> <p><b>Physical Fitness</b> Stamina Speed Core Stability &amp; Strength Flexibility</p>	<p>coordination required for movement skills e.g. pass object from one hand to the other</p>		<p><b>HWB 4-16a</b></p>
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