



Hamnavoe Primary School 2025 -2026

Term 1 Physical Education Classes

Term 1	Primary 1 /2
Activity Class Topic	Physical Literacy
Physical Competencies	kinaesthetic awareness gross and fine motor skills
Cognitive skills	focus and concentration
Physical fitness	
Personal qualities	confidence and self-esteem

Term 1 – 2025	Primary 3 / 4
Activity Class Topic	Hockey
Physical Competencies	coordination and fluency gross and fine motor skills
Cognitive skills	Focus and concentration
Physical fitness	
Personal qualities	Respect and tolerance

Term 1 – 2025	Primary 5/6
Activity Class Topic	Handball
Physical Competencies	balance and control coordination and fluency
Cognitive skills	decision making problem solving
Physical fitness	speed
Personal qualities	communication motivation

Term 1 – 2025	Primary 6/7
Activity Class Topic	Handball
Physical Competencies	balance and control coordination and fluency
Cognitive skills	decision making problem solving
Physical fitness	Core stability and strength
Personal qualities	communication responsibility and leadership