

PHYSICAL EDUCATION

OBJECTIVES

Assessment in P.E. is based on the following criteria :

Participation :

- active involvement
- positive attitude towards subject
- willingness to work in a group or team
- willingness to help classmates

Performance :

- minimum athletic achievement

Knowledge :

- most important terms and rules

Minimum athletic achievement :

year 1

4 lessons/week (2 gym / 2 swimming)

gymnastics :

- floor exercises : fwd. roll - standing upward jump with ½ turn -bwd.roll
- box vaulting : squat onto and jump off box with straight body
front vault
- horizontal bar : straight arm support mount – fwd. roll
double knee hang

track and field :

- 60m
- 800m
- long jump
- high jump
- shot putting (2kg)

volleyball :

- basic passing and setting
- game with simplified rules

basketball and handball:

- basic passing and dribbling
- throws

baseball :

basic pitching and batting
game with simplified rules
kickball

soccer

swimming :

basics of front crawl
back crawl
breast stroke

starting dive

10m - diving

15 min.- swimming

year 2

4 lessons / week (2 gym / 2 swimming)

gymnastics :

floor exercises : fwd. and bwd. roll
headstand

box vaulting : courage vault
front vault

horizontal bar : single knee circle mount
double knee hang

track and field , ballgames : like year 1

swimming :

front crawl

back crawl

breast stroke

butterfly stroke

medley

tumble turn

diving

basic life saving exercises

year 3

3 lessons / week

gymnastics :

floor exercises : fwd. and bwd. roll

box vaulting : cartwheel
front vault
squat vault
horizontal bar : bwd. hip pull-over mount

track and field :

60m
1000m
long jump
high jump
shotputting (3 kg)
relay race
orienteering

volleyball :

passing , setting , service
game

basketball and handball:

passing, dribbling, throws
tactics

baseball :

pitching and batting
game, tactics

soccer

year 4

3 lessons / week

gymnastics :

floor exercises : cartwheel
handstand
box vaulting : squat vault
straddle vault
horizontal bar : bwd. hip pull-over mount

volleyball :

blocking

track and field, ballgames like year 3

years 1- 4 : variety of games, ballgames, dancing, Aerobics, obstacle races, circuit training, ice skating, etc.

years 5 - 8 :

2 lessons / week

variety of different sports according to students' interests

- to improve basic skills

- to help students find sports activities they want to do outside school

- to make them aware of the fact that physical education promotes good health and contributes to a healthy lifestyle