



## Stage 1

Personal Coordination.  
Static balance.



Dynamic balance. Ball skills.



Coordination with equipment. Floor work.



## Stage 3

Floor movement. Cardio-  
Dynamic balance.



Coordination - ball skills.  
Counter balance in pairs.

Swimming. Ball chasing.

## Stage 5

Swimming. Static balance  
floor work.



Counter balance in pairs.  
One leg standing.



Static balance - small  
base. Coordination with  
equipment.



1

# Primary - PE

## Stage 2

Static balance. Dynamic  
balance to agility.



Static balance - small  
base. Swimming.



Agility-

Reaction/Response.

Agility - ball chasing.



## Stage 4

Floor movement.  
Swimming.



Coordination - ball skills.  
Counter balance in pairs.



Static balance floor work.  
Ball chasing.



5

## Stage 6

Swimming. Balance-floor  
work.



Counter balance in pairs.  
One leg standing.



Coordination-floor  
movement. Ball chasing.



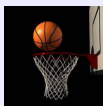
4

3

2

1

6



## Year 7

Basketball. Badminton.



Unihoc. Dance.



Rounders. Athletics.

## Year 9

Orienteering. Trampoline.

Hockey. Volleyball.

Tag rugby. Athletics.

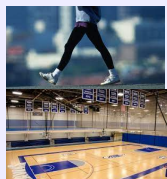


## Year 11

Archery. Gymnasium.

First aid. Walking.

Water sports.  
Gymnasium.



7

# Secondary - PE



8



9

10

## Year 10

Handball. Gymnasium.

Hockey. Golf.

Tennis. Athletics.



11



## Year 8

Basketball. Gymnastics.



Unihoc. Handball.

Rounders. Cricket.

