

**The American International School of Lusaka
Physical Education**

Grade 1

By the end of Grade 1 students will:

Health and Related Activities

- learn of the safety aspects when exercising
- be introduced to the elements of a healthy lifestyle (including exercise, rest and a healthy diet)

Body Control and Spatial Awareness

- explore the use space, direction and levels in relation to others and their working environment
- learn to travel in different ways, changing speed and direction with or without equipment
- learn to handle different equipment using various body parts (manipulative skills)
- learn to hold their body weight using various body parts as bases (balance and stability)

Athletic Activities

- be introduced to the fitness skills of physical agility, flexibility, strength and coordination through a range of activities
- learn to demonstrate a range of throwing, catching and striking techniques, practicing their control, accuracy and power
- practice simple movement skills with or without equipment, developing their consistency during activities and game situations

Rhythmic Movement

- learn to express a range of feelings and moods using imagination and original ideas
- learn to respond through movement to various stimuli (music, clapping, stomping, snapping, use of whistle, etc)
- practice simple movement sequences in order to develop rhythmic responses

Adventure Challenge

- participate in group activities to accomplish a common goal
- be introduced to strategies and rules of play during game situations
- learn the importance of teamwork and fair play during activities and game situations