

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

**Pre School**

By the end of Pre School students will:

**Health and Related Activities**

- be aware of the safety aspects when participating in activities and games
- be introduced to the importance of being healthy

**Body Control and Spatial Awareness**

- explore space, direction and levels in relation to others and their working environment
- explore traveling in different ways, changing speed and direction with or without equipment
- explore handling different equipment using various body parts (manipulative skills)

**Athletic Activities**

- explore a range of throwing, catching and striking skills
- explore simple movement skills with or without equipment

**Rhythmic Movement**

- explore expressing feelings and moods
- explore responding through movement to various stimuli (music, clapping, stomping, snapping, use of whistle, etc)
- be introduced to simple movement sequences

**Adventure Challenge**

- learn to participate in group activities
- be introduced to simple rules of play during activities
- be introduced to the importance of teamwork and fair play

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

**Pre Kindergarten**

By the end of Pre Kindergarten students will:

**Health and Related Activities**

- be aware of the safety aspects when participating in activities and games
- be introduced to the importance of a healthy lifestyle (including exercise, rest and a healthy diet)

**Body Control and Spatial Awareness**

- explore space, direction and levels in relation to others and their working environment
- explore traveling in different ways, changing speed and direction with or without equipment
- explore handling different equipment using various body parts (manipulative skills)

**Athletic Activities**

- explore a range of throwing, catching and striking skills
- be introduced to simple movement skills with or without equipment

**Rhythmic Movement**

- explore expressing feelings and moods using imagination and original ideas,
- explore responding through movement to various stimuli (music, clapping, stomping, snapping, use of whistle, etc)
- be introduced to simple movement sequences

**Adventure Challenge**

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

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

**Kindergarten**

By the end of Kindergarten students will:

**Health and Related Activities**

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

**Body Control and Spatial Awareness**

- be introduced to the concepts of space, direction and levels in relation to others and their working environment
- be introduced to traveling in different ways, changing speed and direction with or without equipment
- be introduced to handling different equipment using various body parts (manipulative skills)

**Athletic Activities**

- be introduced to a range of throwing, catching and striking techniques
- be introduced to simple movement skills with or without equipment

**Rhythmic Movement**

- explore expressing feelings and moods using imagination and original ideas,
- explore responding through movement to various stimuli (music, clapping, stomping, snapping, use of whistle, etc)
- learn simple movement sequences

**Adventure Challenge**

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

**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

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

**Grade 2**

By the end of Grade 2 students will:

**Health and Related Activities**

- learn of the elements of a healthy lifestyle (including exercise, rest and a healthy diet)
- learn of various physical changes that occur to their bodies when exercising
- learn to demonstrate safety when exercising

**Body Control and Spatial Awareness**

- practice how to use space, direction and levels in relation to others and their working environment
- practice traveling in different ways, changing speed and direction with or without equipment
- practice handling different equipment using various body parts (manipulative skills)
- practice holding their body weight using various body parts as bases (balance and stability)

**Athletic Activities**

- practice the fitness skills of physical agility, flexibility, strength and coordination with developing control and confidence
- practice a range of throwing, catching and striking techniques with developing control, accuracy and power
- learn to combine simple and complex movement skills with or without equipment, developing their consistency during activities and game situations
- be introduced to collecting and recording results, developing their understanding of basic rules in athletic activities

**Rhythmic Movement**

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

**Adventure Challenge**

- participate in group activities to accomplish a common goal
- learn strategies and rules of play and apply them appropriately and fairly during game situations
- practice demonstrating teamwork and fair play during activities and game situations

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

**Grade 3**

By the end of Grade 3 students will:

**Health and Related Activities**

- develop their knowledge of the elements of a healthy lifestyle (including exercise, rest and a healthy diet)
- develop their understanding of various physical changes that occur to their bodies when exercising
- demonstrate safety when exercising

**Body Control and Spatial Awareness**

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

**Athletic Activities**

- practice the fitness skills of physical agility, flexibility, strength and coordination with improving control and confidence
- demonstrate a range of throwing, catching and striking techniques with improving control, accuracy and power
- combine simple and complex movements with or without equipment and with improving consistency during activities and game situations
- collect and record results, developing their application and understanding of performance in athletic activities

**Rhythmic Movement**

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

**Adventure Challenge**

- participate in group activities to accomplish a common goal
- develop strategies and rules of play and apply them appropriately and fairly during game situations
- demonstrate teamwork and fair play during activities and game situations with improving consistency

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

**Grade 4**

By the end of Grade 4 students will:

**Health and Related Activities**

- improve their knowledge of the elements of a healthy lifestyle (including exercise, rest and a healthy diet)
- improve their understanding of various physical changes that occur to their bodies when exercising
- demonstrate safety when exercising

**Body Control and Spatial Awareness**

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

**Athletic Activities**

- practice the fitness skills of physical agility, flexibility, strength and coordination with increasing control and confidence
- demonstrate a range of throwing, catching and striking techniques with increasing control, accuracy and power
- combine simple and complex movement skills with or without equipment and with increasing consistency during activities and game situations
- collect and record results, improving their application and understanding of performance in athletic activities

**Rhythmic Movement**

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

**Adventure Challenge**

- participate in group activities to accomplish a common goal
- improve strategies and rules of play and apply them appropriately and fairly during game situations
- demonstrate teamwork and fair play during activities and game situations with increasing consistency

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

**Grade 5**

By the end of Grade 5 students will:

**Health and Related Activities**

- increase their knowledge of the elements of a healthy lifestyle (including exercise, rest and a healthy diet)
- increase their understanding of various physical changes that occur to their bodies when exercising
- demonstrate safety when exercising

**Body Control and Spatial Awareness**

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

**Athletic Activities**

- practice the fitness skills of physical agility, flexibility, strength and coordination with greater control and confidence
- demonstrate a range of throwing, catching and striking techniques with greater control, accuracy and power
- combine simple and complex movement skills with or without equipment and with greater consistency during activities and game situations
- collect and record results, increasing their application and understanding of performance in athletic activities

**Rhythmic Movement**

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

**Adventure Challenge**

- participate in group activities to accomplish a common goal
- increase strategies and rules of play and apply them appropriately and fairly during game situations
- demonstrate teamwork and fair play during activities and game situations with greater consistency