

**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