

**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