

PE Curriculum

Badminton

- Basic rules of Badminton
- Basic serves
 - Drive
 - Clear
 - Net Shot
 - Smash
 - Lift
- Basic rules of Singles and Doubles

01

Handball

- Basic rules of handball
- Passing and Catching
- Shooting
- Attack and Defense
- Tactical awareness

02

03

Basketball

- Basic rules of basketball
- Passing
- Dribbling
- Layups
- Shooting
- Positional awareness
- Attack and Defense

04

American Football (tag)

- Basic Rules of American Football
- Attack and Defense
- Plays and Tactical awareness

Rounders

- Basic Rules of Rounders
- Throwing and Catching
- Batting
- Fielding
- Positioning and tactical awareness

05

Athletics

- 100/200m Sprint
- Shot Put
- 400/800m
- Javelin
- Cross Country

06