

# Haig Girls' SCHOOL

## **P6 Curriculum Briefing Physical Education**



4 February 2022

# P6 CURRICULUM

Dance Educational Gymnastics	Value-based Creativity (Dance Programme) Structured dance (Let's Bounce)
Educational Gymnastics	Travelling and jumping Balancing Mounting, dismounting, vaulting Sequencing
Games & Sports	Territorial/ invasion games Net barrier games Striking/ fielding Games
Outdoor Education	Navigation skills Building competencies in assessing and managing risks
Physical Health & Fitness	Fire safety, diet & exercise, health & fitness-related exercise, oral health and substances harmful to health

# P6 PE Assessment

## Semester 1

### Athletics

- Hurdles
- Long Jump
- Discus

### Dance

- Create and perform a dance with your choice of music, incorporating movement phrases from structured dance “Let’s Bounce”.

### Outdoor Education

- Map Orienteering
- Planning of outdoor activities



# P6 PE Assessment

## Semester 2

### Games & Sports

- Striking/ fielding games

### Educational Gymnastics

- Group performance demonstrating a variety of position and timing relationship with the group members.

### Physical Health and Fitness

- Acquire knowledge of health and skills-related fitness
- Acquire a range of personal safety practices
- Demonstrate healthy eating habits
- Demonstrate good health practices



Encourage your child to  
“Enjoy doing your best”.

## TIPS FOR PARENTS

“You are what you eat, so eat right.”  
Encourage healthy eating habits.



Keep them moving!  
Be an active example.

