

Physical Education Curriculum Framework

Curriculum Concepts	Explanation
Physical Development	Children should experience daily aerobic exercise in a variety of contexts to enhance their physical development.
Movement Concepts and Motor Skills	Develop a wide range of movement / motor skills using a variety of equipment in a range of situations. Children experience activities that develop coordination, agility, endurance and strength.
Sports Studies	Children experience team / individual games, winning and losing, fair play and following rules.
Outdoor Education	Children have a range of direct learning experiences using the outdoors.
Positive Attitudes	Children need enjoyable PE experiences to ensure continued participation and a healthy lifestyle.

The Programme in Action

Physical Education will be a regular planned part of daily classroom programmes. An annual Physical Education Programme must cover aspects from all the curriculum concepts, however, developing 'Positive Attitudes' should be an integral part of all PE activities.

Physical Development	Movement Concepts and Motor Skills
<ul style="list-style-type: none"> • Daily fitness • Body breaks • Jump Jam • Perceptual motor skills 	<ul style="list-style-type: none"> • Aquatics • Ball skills • Athletics • Cross country • Gymnastics • Skipping • Dance (include folk dance, Te Ao Kori and Jump Jam)
Sports Studies	Outdoor Education
<ul style="list-style-type: none"> • Minor games eg. rob the nest • Individual games eg padder-tennis • Team games eg tee-ball • Specialist sports eg kiwi golf 	<ul style="list-style-type: none"> • School environment eg wilderness area • Local environment eg river activities • Camps