



REPUBLIC OF TRINIDAD AND TOBAGO

MINISTRY OF EDUCATION

PRIMARY SCHOOL CURRICULUM

CURRICULUM GUIDES

PHYSICAL EDUCATION

INFANTS 1 – STANDARD 5

**Curriculum Planning and Development Division
2013**

Contents

Infants 1	2
Infants 2	6
Standard 1	9
Standard 2	13
Standard 3	18
Standard 4	23
Standard 5	28

Primary School Curriculum

Physical Education

Infants 1

PHYSICAL EDUCATION CONTENT STANDARDS - INFANTS 1				
CONTENTS	SKILLS	DISPOSITIONS	OUTCOMES	ELABORATIONS
Students will:				
Movement Skills And Concepts				
1.1.1 Distinguish between general and personal space.	1.2.1 Explore general and personal space, levels, direction and pathways.	1.3.1 Appreciate and enjoy movement.	1. Demonstrate movement concepts and skills.	- Move in personal and general space, at high and low levels, forward, backward sideways, zigzag, curved straight. (1.2.2) - Balance and transfer weight on 1, 2, 3 and 4 body parts and form at least two shapes with the body- appendages, patches, points and extensions. (1.1.3, 1.2.3)
1.1.2 Know that the body can move at various levels, directions and pathways.	1.2.2. Demonstrate weight bearing, weight transference, shapes and balance using selected body parts.			
1.1.3 Recognise that the body can bear weight, transfer weight, form shapes and balance on selected body parts.				
Gymnastic Skills				
2.1.1 Explain V-seat and log roll	2.2.1 Demonstrate the v-seat and log roll	2.3.1 Appreciate and enjoy movement.	2. Perform basic gymnastics skills	Execute the V. seat and log roll with correct form. (2.2.1)

PHYSICAL EDUCATION CONTENT STANDARDS - INFANTS 1

CONTENTS	SKILLS	DISPOSITIONS	OUTCOMES	ELABORATIONS
Students will:				
Locomotor Skills				
3.1.1 Explain basic technique in walking, running, jumping	3.2.1 Demonstrate basic technique in walking, running, jumping	3.3.1 Participate willingly in physical activities.	3. Demonstrate basic locomotor skills.	Walk, run and jump using correct hands and feet coordination. (3.2)
Manipulative Skills				
4.1.1 Explain basic technique in stopping, bouncing, throwing, catching, striking.	4.2.1 Demonstrate basic technique in stopping, bouncing, throwing, catching and striking. 4.2.2 Apply skills in simple game situations.	4.3.1 Participate willingly in physical activities.	4. Demonstrate basic manipulative skills.	- Stop a ball using hands. (4.2.1) - Bounce a ball 3 to 5 times consecutively using one hand. (4.2.1) - Throw a ball to a target with one or both hands. (4.2.1) - Catch with both hands. (4.2.1) - Strike a ball using the hands, feet or implements. (4.2.1)

PHYSICAL EDUCATION CONTENT STANDARDS - INFANTS 1

CONTENTS	SKILLS	DISPOSITIONS	OUTCOMES	ELABORATIONS
Students will:				
Healthy Habits 5.1.1 Recognise that drinking water and eating breakfast regularly, as well as washing hands and face after physical activity, are healthy habits.	5.2.1 Practice drinking water and eating breakfast regularly to be healthy. 5.2.2 Practice washing hand and face after physical activity.	5.3.1 Develop healthy habits. 5.3.2 Express feelings that result from participation in physical activities.	5. Engage in practices that promote healthy choices and physical activities that are beneficial to good health.	• Articulate feelings freely. (5.3.2) • Drink water at least three times a day and eats breakfast every day. (5.2.1) • Wash hands after every physical activity as well as before and after every meal. (5.2.2)
Safe Practices 6.1.1 Identify safe places to play. 6.1.2 Recognise that specific attire is required for physical education classes	6.2 Use suitable attire for physical education classes.	6.3.1 Play in safe places. 6.3.2 Suitable attire for physical education classes.	6. Recognise some safety factors and practices associated with physical activities.	• Can identify at least one criterion of a safe playing area. (6.1.1) • Is always suitably attired for physical education. (6.3.2)

Primary School Curriculum

Physical Education

Infants 2

PHYSICAL EDUCATION CONTENT STANDARDS: INFANTS 2

CONTENTS	SKILLS	DISPOSITIONS	OUTCOMES	ELABORATIONS
Students will:				
Movement Skills And Concepts 1.1.1 Differentiate between the various levels and pathways in which the body can move. 1.1.2 Recognise that the body can bear weight, transfer weight, form shapes and balance.	1.2.1 Explore levels and pathways in weight bearing, shapes and balance.	1.3.1 Appreciate and enjoy movement.	1. Demonstrate basic movement skills and concepts.	• Make shapes demonstrating various levels and moving along different pathways. (1.2.1) • Bear weight on 1-4 body parts. (1.2.1) • Use different ways of transferring weight (rolling, rocking, step-like, and sliding). (1.1.3)
Gymnastic Skills 2.1.1 Explain Stork Stand, side roll.	2.2.1 Demonstrate the Stork Stand, side roll.	2.3.1 Appreciate and enjoy movement.	2. Perform skills in gymnastics.	• Execute the stork stand and side- roll with correct form.(2.2)
Locomotor Skills 3.1.1 Explain basic technique in	3.2.1 Demonstrate basic technique	3.3.1 Participate willingly in	3. Demonstrate basic locomotor	• Run and jump with

PHYSICAL EDUCATION CONTENT STANDARDS: INFANTS 2

CONTENTS	SKILLS	DISPOSITIONS	OUTCOMES	ELABORATIONS
Students will:				
running and jumping.	in running and jumping.	physical activities	skills.	improved technique.
Manipulative Skills 4.1 Explain basic technique in throwing, catching, striking.	4.2.1 Practice using equipment appropriately. 4.2.2 Demonstrate basic technique in throwing, catching, striking. 4.2.3 Apply skills in simple game situations.	4.3 Participate willingly in physical activities.	4. Apply basic manipulative skills in game situations.	• Stop a rolling ball using the feet. • Perform two-hand underhand throw with controlled technique. • Can make a two-hand underhand catch with some measure of control.

Primary School Curriculum

Physical Education

Standard 1

PHYSICAL EDUCATION CONTENT STANDARDS: STANDARD 1

CONTENTS	SKILLS	DISPOSITIONS	OUTCOMES	ELABORATIONS
Students will:				
Movement Skills And Concepts 1.1.1 Recognise that the body can transfer weight, form shapes and balance.	1.2.1 Combine shapes, balance and transference of weight in simple sequences.	1.3.1 Appreciate and enjoy movement.	1. Apply movement concepts and principles in the development of motor skills.	Create a sequence of 3 or 4 movements involving shapes, balance and transference of weight.
Gymnastic Skills 2.1.1 Explain Mule Kick, Scale Stand.	2.2.1 Demonstrate the Mule Kick, Scale Stand.	2.3.1 Appreciate and enjoy movement.	2. Perform gymnastic skills with an increased level of control.	- Execute mule kick with control. - Combine 2 gymnastic skills to make a simple routine.
Locomotor Skills 3.1.1 Explain basic technique in running and jumping.	3.2.1 Perform running and jumping activities with increasing levels of difficulty.	3.3.1 Follow instructions when engaging in physical activity.	3. Develop locomotor skills.	Run, jump with improved technique.

PHYSICAL EDUCATION CONTENT STANDARDS: STANDARD 1

CONTENTS	SKILLS	DISPOSITIONS	OUTCOMES	ELABORATIONS
Students will:				
Manipulative Skills 4.1.1 Explain basic technique in throwing, catching, striking.	4.2.1 Practice using equipment appropriately. 4.2.2 Demonstrate various techniques in throwing, catching, striking. 4.2.3 Apply skills in simple game situations.	4.3.1 Follow instructions when engaging in physical activity.	4. Apply basic manipulative skills in simple game situations.	• Stop a rolling ball using the feet. • Perform underhand throw with proper technique. • Execute a two-hand underhand catch with controlled technique. • Strike a ball using the hand, feet or equipment to a target.
Healthy Habits 5.1.1 Identify simple changes in the body during physical activity. 5.1.2 Discuss the benefits of drinking water and making healthy breakfast choices as well as washing hands and face after physical activity.	5.2.1 Practice drinking water regularly and making improved breakfast choices.	5.3.1 Develop an acceptance of individual differences. Build helping relationship with peers.	5. Make healthy choices and engage in physical activity that is beneficial to their health.	• State at least two changes in the body during physical activity. • Give at least one reason why drinking water, eating a healthy breakfast and/or washing hands and face

PHYSICAL EDUCATION CONTENT STANDARDS: STANDARD 1

CONTENTS	SKILLS	DISPOSITIONS	OUTCOMES	ELABORATIONS
Students will:				
	5.2.2 Practice washing hand and face after physical activity.	5.3.2 Develop healthy habits.		after physical activity is beneficial/ important.
6.1.1 Recognise that specific attire is required for physical education classes.	6.2.1 Use suitable attire for physical education classes.	6.3.1 Be Suitably attire for physical education classes.	6. Recognize safety practises associated with physical activity.	• Wear suitable, clean clothing to every Physical Education class. • Give at least one important reason for wearing appropriate clothing to Physical Education classes.

Primary School Curriculum

Physical Education

Standard 2

PHYSICAL EDUCATION CONTENT STANDARDS: STANDARD 2				
CONTENTS	SKILLS	DISPOSITIONS	OUTCOMES	ELABORATIONS
Students will:				
Movement Skills And Concepts 1.1.1 Recognise similar movement concepts in a variety of skills.	1.2.1 Create shapes while balancing and transferring weight in sequences.	1.3.1 Appreciate and enjoy movement.	1. Applies movement concepts and principles in the development and performance of motor skills.	Create a more refined sequence of 3 or more skills involving shapes, balance and transference of weight.
Gymnastic Skills 2.1.1 Explain Y-Scale, handstand and forward roll.	2.2.1 Demonstrate Y- Scale, handstand, forward roll.	2.3.1 Appreciate and enjoy movement.	2. Perform gymnastic skills with an increased level of control.	- Execute Y-Scale Stand with control. - Combine 2 gymnastic skills to make a simple routine. - Handstand- transferring body support from feet to hand with assistance (wall or spotter). - Forward roll- from a squat to standing position. (2.2)

PHYSICAL EDUCATION CONTENT STANDARDS: STANDARD 2

CONTENTS	SKILLS	DISPOSITIONS	OUTCOMES	ELABORATIONS
Students will:				
Locomotor Skills 3.1.1 Explain basic technique in running, jumping.	3.2.1 Perform running, jumping, skipping activities with increasing levels of difficulty.	3.3.1 Follow instructions when engaging in physical activity.	3. Demonstrate simple applications in the performance of locomotor skills.	- Run with arms bent and moving in opposition to legs. - Jump using arm and leg thrust for height and or distance; land in balanced position on two feet.
Manipulative Skills 4.1.1 Explain various techniques in throwing, catching, striking.	4.2.1 Practice using equipment and facilities appropriately 4.2.2 Demonstrate various techniques in throwing, catching, striking.	4.3.1 Foster group cooperation. 4.3.2 Develop an acceptance of individual differences. 4.3.3 Build helping relationship with peers.	4. Apply manipulative skills in simple game situations.	Games skills- throw, catch or strike using correct hand/ eye/ feet coordination at short and medium distances in simple team games. (4.2.1, 4.2.2, 4.2.3)

PHYSICAL EDUCATION CONTENT STANDARDS: STANDARD 2

CONTENTS	SKILLS	DISPOSITIONS	OUTCOMES	ELABORATIONS
Students will:				
	4.2.3 Apply skills in simple game situations.			
Healthy Habits 5.1.1 Describe how the body responds to physical activity. 5.1.2 Discuss the benefits of drinking water and eating breakfast regularly, as well as washing hands and face after physical activity. 5.1.3 Explain personal hygiene.	5.2.1 Practice drinking water regularly and making improved breakfast choices. 5.2.2 Practise washing hand and face after physical activity. 5.2.3 Practise personal hygiene.	5.3.1 Develop healthy habits and practices in their daily lifestyle.	5. Employ healthy habits as part of their daily life style.	- State at least 2 changes in the body during and after physical activity (panting, short of breath). (5.1.1) - Give at least two benefits of drinking water, eating a healthy breakfast and washing hands and face after physical activity. (5.1.2) - Drink water at least 4/ 5 times daily as well as wash hands and face after each Physical Education Class. (5.2.1, 5.2.2)

PHYSICAL EDUCATION CONTENT STANDARDS: STANDARD 2				
CONTENTS	SKILLS	DISPOSITIONS	OUTCOMES	ELABORATIONS
Students will:				
				Practise personal hygiene (using rag, soap, deodorant). (5.2.2)
Safe Practices 6.1.1 Recognise that specific attire is required for physical education classes.	4.2.3 Use suitable attire for physical education classes.	6.3.1 Play in safe places. 6.3.2 Be Suitably attired for physical education classes.	6. Adhere to the dress code practises while participating in physical activities.	- Use safety precautions when participating in physical activities. (6.3.1) - Can give at least one reason for and one characteristic of attire that is suitable Physical Education activities. (6.3.2)

Primary School Curriculum

Physical Education

Standard 3

PHYSICAL EDUCATION CONTENT STANDARDS: STANDARD 3

CONTENTS	SKILLS	DISPOSITIONS	OUTCOMES	ELABORATIONS
Students will:				
Movement Skills And Concepts 1.1.1 Select similar movement concepts in a variety of skills.	1.2.1 Execute movements using shapes, balance and weight transference.	1.3.1 Appreciate and enjoy the aesthetic and creative qualities of movement.	1. Apply fundamental movement skills using a variety of movement concepts and sequences.	• Create and execute at least 4/5 movements in a sequence individually, using shapes, balances and weight transference. (1.2.1)
Gymnastic Skills 2.1.1 Explain Side-Scale, handstand and forward roll.	2.2.1 Demonstrate Side- Scale, handstand, forward roll.	2.3.1 Appreciate and enjoy the aesthetic and creative qualities of movement.	2. Perform gymnastic skills with an increased level of control.	• Side-scale with correct posture and balance. (2.2.1) • Handstand with legs, arms and body almost vertical (2.2.1) • Forward roll from a hand stand into a forward roll. (2.2.1)

PHYSICAL EDUCATION CONTENT STANDARDS: STANDARD 3

CONTENTS	SKILLS	DISPOSITIONS	OUTCOMES	ELABORATIONS
Students will:				
Specialised Skills- Locomotor & Manipulative 3.1.1 Explain basic technique in running, throwing, catching, jumping, and striking in various disciplines.	3.2.1 Execute running, throwing, catching, jumping, and striking activities for the various disciplines. 3.2.2 Practice using equipment and facilities appropriately. 3.2.3 Demonstrate basic technique in throwing, catching, striking with increased level of difficulty.	3.3.1 Participate willingly in physical activities. 3.3.2 Follow instructions when engaging in physical activity. 3.3.3 Develop an acceptance of individual differences. 3.3.4 Build helping relationship with peers.	3. Apply learned Locomotor and Manipulative skills in introductory phase of Lead-up Games.	- Running technique in –track & field- starts. - Basic throwing technique in - track & field, netball & cricket. - Basic catching technique in - netball & cricket. - Basic jumping technique in - track & field & netball. - Basic striking technique in - cricket (with a bat) & football (with the feet). (3.2.1, 3.2.3, 3.2.4) - Correct technique

PHYSICAL EDUCATION CONTENT STANDARDS: STANDARD 3

CONTENTS	SKILLS	DISPOSITIONS	OUTCOMES	ELABORATIONS
Students will:				
	3.2.4 Apply skills in lead-up and modified game situations.			when using equipment and proper use of facilities.(3.2.2)
Healthy Habits 4.1.1 Describe health benefits that result from regular and appropriate participation in physical activity. 4.1.2 Monitor the intake of water, fruits and vegetables. 4.1.3 Wash hands and face after physical activity. 4.1.4 Explain personal hygiene.	4.2.1 Practice drinking water and eating healthy foods-fruits and vegetables. 4.2.2 Practise washing hand and face after physical activity. 4.2.3 Practise personal hygiene.	4.3.1 Foster positive team spirit, sportsmanship and competition. 4.3.2 Develop healthy habits and practices in their daily lifestyle.	4. Employ healthy habits as part of their daily life style 5. Work cooperatively with partners or in small groups to complete assigned tasks.	• Practise personal hygiene (using rag, soap, deodorant.) (4.2.2,4.2.3) • Monitor water intake in pairs (journals - observing and recording. (4.2.1) • Monitor and record daily intake of fruits and vegetables. (4.2.1) • Wash hands and face after physical activity. (4.2.2) • Share in team work towards a common

PHYSICAL EDUCATION CONTENT STANDARDS: STANDARD 3				
CONTENTS	SKILLS	DISPOSITIONS	OUTCOMES	ELABORATIONS
Students will:				
				goal. (4.3.1) Assume leadership roles and responsibility. (4.3.1)
Safe Practices 5.1.1 Recognise that specific attire is required for physical education classes.	5.2 1 Use suitable attire for physical education classes.	5.3 1 Be suitably attired for physical education classes.	6. Conform to rules that promote safety and suitability of attire while participating in physical activities.	Wear appropriate attire suitable for physical activities- loose fitting, soft and comfortable.

Primary School Curriculum

Physical Education

Standard 4

PHYSICAL EDUCATION CONTENT STANDARDS: STANDARD 4

CONTENTS	SKILLS	DISPOSITIONS	OUTCOMES	ELABORATIONS
Students will:				
Movement Skills And Concepts 1.1.1 Distinguish movement concepts in a variety of skills.	1.2.1 Practise flight, shapes and balance in movement activities.	1.3 1 Appreciate and enjoy the aesthetic and creative qualities of movement.	1. Apply acquired movement concepts and principles for the development and performance of higher order motor skills.	Create 3 to 5 movement sequences using flight, shapes and balance with competency. (1.1.1 1.2.1)
Gymnastic Skills 2.1.1 Explain forward roll, cartwheel.	2.2.1 Demonstrate forward roll, cartwheel.	2.3.1 Appreciate and enjoy the aesthetic and creative qualities of movement.	2. Execute simple gymnastic routines (in rolls and balances) with competency.	- Cartwheel- executes single mule kick, the mule kick and or the side kick. (2.1.1, 2.2.1) - Complete 1 or 2 forward rolls while maintaining form and balance. (2.1.1, 2.2.1)

PHYSICAL EDUCATION CONTENT STANDARDS: STANDARD 4				
CONTENTS	SKILLS	DISPOSITIONS	OUTCOMES	ELABORATIONS
Students will:				
Specialised Skills- Locomotor & Manipulative 3.1.1 Explain basic technique in running, throwing, catching, jumping, and striking in various disciplines.	3.2.1 Practice using equipment and facilities appropriately 3.2.2 Demonstrate basic technique in throwing, catching, striking with increased level of difficulty. 3.2.3 Apply skills in lead-up and modified game situations.	3.3.1 Participate willingly in physical activities. 3.3.2 Follow instructions when engaging in physical activity. 3.3.3 Develop an acceptance of individual differences. 3.3.4 Build helping relationship with peers.	3. Demonstrate simple combinations of motor skills in Lead-up and Modified Games- track and field, netball, cricket and football.	Demonstrate: • Attacking and Defending skills • Running technique in –track & field • Basic throwing technique in - track & field, netball & cricket. • Basic catching technique in - netball & cricket. • Basic jumping technique in - track & field & netball. • Basic striking technique in - cricket & football. (3.2.1, 3.2.2, 3.2.3) • Proper use of equipment and facilities.(3.2.1)

PHYSICAL EDUCATION CONTENT STANDARDS: STANDARD 4				
CONTENTS	SKILLS	DISPOSITIONS	OUTCOMES	ELABORATIONS
Students will:				
Healthy Habits 4.1.1 Identify the benefits resulting from participation in different forms of physical activities. 4.1.2 Explain how the body uses water during physical activity as well as the importance of various foods for physical activity. 4.1.3 Explain personal hygiene.	4.2.1 Practice drinking water and eating healthy foods. 4.2.2 Practise washing hand and face after physical activity. 4.2.3 Practise personal hygiene.	4.3.1 Foster positive team spirit, sportsmanship and competition. 4.3.2 Develop healthy habits and practices in their daily lifestyle. 4.3.3 Play in safe places.	4. Maintain healthy lifestyles through physical activities, healthy diet and personal hygiene.	• Practise personal hygiene (using rag, soap, deodorant. (4.1.3, 4.2.3, 4.32.) • Wash hands and face after physical activity. (4.1.3, 4.2.2, 4.3.2) • Explain 1 or 2 ways in which the body uses water and 1 importance of food for physical activities. (4.1.2,) • Assume leadership roles and responsibility. (4.3.1) • Work as a team towards a common goal. (4.3.1)

PHYSICAL EDUCATION CONTENT STANDARDS: STANDARD 4				
CONTENTS	SKILLS	DISPOSITIONS	OUTCOMES	ELABORATIONS
Students will:				
Safe Practices 5.1.1 Know that specific attire is required for physical education classes. 5.1.2 Discuss conflict resolution strategies. 5.1.3 Recognise the role of games and sport in getting to know and understand others of like and different cultures.	5.2.1 Use suitable attire for physical education classes. 5.2.2 Resolve conflict that may arise during physical activity. 5.2.3 Display sensitivity to others' socio-cultural background.	5.3.1 Be suitably attired for physical education classes. 5.3.2 Engage in fair-play and show respect for others' cultural background.	5. Use physical activity as an opportunity for positive social and group interaction. 6. Exhibit responsible behaviour through fair play and respect for others.	- Wear appropriate attire suitable for physical activities- loose fitting, soft and comfortable. (5.1.1, 5.2.1, 5.3.1) - Follow instructions during Physical Education activities. (5.3.2) - Share in team work.

Primary School Curriculum

Physical Education

Standard 5

PHYSICAL EDUCATION: STANDARD 5				
CONTENTS	SKILLS	DISPOSITIONS	OUTCOMES	ELABORATIONS
Students will:				
Movement Skills And Concepts 1.1.1 Identify ways movement concepts can be used to refine movement skills.	1.2.1 Participate regularly in physical activity for the purpose of improving skilful performance and physical fitness.	1.3.1 Appreciate and enjoy the aesthetic and creative qualities of movement.	1. Apply acquired movement concepts and principles for the development and performance of higher order motor skills.	• Create 4 or 5 movement sequences using flight, shapes, space and balance. (1.1.1, 1.2.1) • Execute movement sequences with competency. (1.2.1, 1.3.1)
Gymnastic Skills 2.1.1 Explain forward roll, cartwheel.	2.2.1 Demonstrate forward roll, cartwheel.	2.3 1 Appreciate and enjoy the aesthetic and creative qualities of movement.	2. Employ a variety of creative movement sequences with competency.	• Execute a half cartwheel and or a cartwheel. (2.2.1) • Complete 2 consecutive forward rolls while maintaining form and balance (stability and mobility). (2.2.1)

PHYSICAL EDUCATION: STANDARD 5				
CONTENTS	SKILLS	DISPOSITIONS	OUTCOMES	ELABORATIONS
Students will:				
Specialised Skills- Locomotor & Manipulative 3.1.1 Explain basic technique in running, throwing, catching, jumping, and striking in various disciplines.	3.2.1 Practice using equipment and facilities appropriately. 3.2.2 Demonstrate basic technique in throwing, catching, striking with increased level of difficulty. 3.2.3 Apply skills in lead-up and modified game situations.	3.3.1 Participate willingly in physical activities. 3.3.2 Follow instructions when engaging in physical activity. 3.3.3 Develop an acceptance of individual differences. 3.3.4 Build helping relationship with peers.	3. Demonstrate simple combinations of motor skills in Lead-up and Modified Games. (3.2.1, 3.2.2, 3.2.3)	Demonstrate: • Attacking and Defending skills. • Running technique in –track & field. • Basic throwing technique in - track & field, netball & cricket. • Basic catching technique in - netball & cricket. • Basic jumping technique in - track & field & netball. • Basic striking technique in - cricket & football.

PHYSICAL EDUCATION: STANDARD 5				
CONTENTS	SKILLS	DISPOSITIONS	OUTCOMES	ELABORATIONS
Students will:				
				Proper use of equipment and facilities. (3.1, 3.2.1, 3.2.2, 3.2.3)
Healthy Habits 4.1.1 Identify the benefits resulting from participation in different forms of physical activities. 4.1.2 Explain how the body uses water during physical activity as well as the importance of various foods for physical activity. 4.1.3 Explain personal hygiene.	4.2.1 Practise drinking water and eating healthy foods. 4.2.2 Practise washing hands and face after physical activity. 4.2.3 Practise personal hygiene.	4.3.1 Foster positive team spirit, sportsmanship and competition. 4.3.2 Develop healthy habits and practices in their daily lifestyle. 4.3.3 Play in safe places.	4. Maintain healthy lifestyles through physical activities, healthy diet and personal hygiene.	- Practise personal hygiene (using rag, soap, deodorant. (4.1.3, 4.2.3, 4.3.2) - Wash hands and face after every physical activity. (4.2.2) - Assume leadership roles and responsibility. (4.3.1) - Work as a team towards a common goal. (4.3.1)
Safe Practices 5.1.1 Know that specific attire is required for physical	5.2.1 Use suitable attire for physical	5.3.1 Be suitably attired for physical	5. Exhibit responsible behaviour	Always wear appropriate attire suitable for physical

PHYSICAL EDUCATION: STANDARD 5				
CONTENTS	SKILLS	DISPOSITIONS	OUTCOMES	ELABORATIONS
Students will:				
education classes.	education classes.	education classes. 5.3.2 Engage in fair-play and show respect for others' cultural background.	through fair play and respect for others.	activities- loose fitting, soft and comfortable. (5.2.1, 5.3.1) • Always follow instructions during Physical Education activities.