



# Physical Education Overview

Teachers: Mr. Pat, Mr. Hany and Mr. Mohtady

***“Increased physical activity leads to higher academic achievement”***

***“Investing in children’s physical health needs promotes learning over the school years and has profound effects on school readiness and early learning”***

Year	Term	Lesson 1	Lesson 2	Lesson3	Lesson 4
	Autumn Sep-Oct Nov.-Dec. A	Athletics	Athletics	Athletics	Invasion Games
Grade 1/2	Winter Jan.-Feb. March B	Invasion Games	Invasion Games	Outdoor & Adventures Activities	
	Spring April-May June C	Net / Wall Games	Net / Wall Games	Gymnastics Games	
	Autumn Sep-Oct Nov.-Dec. A	Athletics	Athletics	Athletics	Invasion Games
Grade 3	Winter Jan.-Feb. March B	Invasion Games	Invasion Games	Outdoor & Adventures Activities	
	Spring April-May June C	Net / Wall Games	Net / Wall Games	Gymnastics Games	
	Autumn Sep-Oct Nov.-Dec.	Athletics	Athletics	Athletics	Invasion Games

	<b>A</b>				
<b>Grade 4</b>	<b>Winter Jan.-Feb. March B</b>	<b>Invasion Games</b>	<b>Invasion Games</b>	<b>Outdoor &amp; Adventures Activities</b>	
	<b>Spring April-May June C</b>	<b>Net / Wall Games</b>	<b>Net / Wall Games</b>	<b>Gymnastics Games</b>	
	<b>Autumn Sep-Oct Nov.-Dec. A</b>	<b>Athletics</b>	<b>Athletics</b>	<b>Athletics</b>	<b>Invasion Games</b>
<b>Grade 5</b>	<b>Winter Jan.-Feb. March B</b>	<b>Invasion Games</b>	<b>Invasion Games</b>	<b>Outdoor &amp; Adventures Activities</b>	
	<b>Spring April-May June C</b>	<b>Net / Wall Games</b>	<b>Net / Wall Games</b>	<b>Gymnastics Games</b>	