

Physical Education Vertical Concepts

Healthy Lifestyle & Wellbeing

Understanding the impact of physical activity on physical and mental health, while learning healthy habits that support lifelong well-being.

Fundamental Movement Skills

Developing core physical abilities, progressively refining coordination, agility, and control throughout the years.

Teamwork & Cooperation

Building effective communication, collaboration, and roles in teams through progressively complex group activities and games.

Tactical Awareness & Strategy

Developing spatial awareness, strategic thinking, and decision-making through increasingly complex games and physical activities.

Personal Challenge & Resilience

Fostering goal-setting, perseverance, and resilience by encouraging students to overcome physical challenges and develop a growth mindset.