

THE THREE PHASES OF PRIMARY PE CURRICULUM

Our Multi-Skills and Sports Curriculum has been designed to help every child develop their speed, agility, balance and co-ordination.

PHASE 3: LEARN TO TRAIN

Children will focus on technical proficiency in a competitive environment. Children will focus and enhance their SAQs and ABCs.

PHASE 3
Ages 11+

PHASE 2: DESIRE TO PLAY

Children will focus on developing a range of multi-sports, developing a passion for sport. Basic concepts and strategies will be introduced along with our philosophy, 'The Golden Player'.

PHASE 2
Ages 8-10

PHASE 1: FUNDAMENTAL MULTI-SKILLS

Children will acquire the fundamental skills to develop self-confidence and help build self-esteem. We will introduce basic Multi-skills through fun and engaging activities and games with a focus on the basic core and motor skills.

PHASE 1
Ages 4-7

