Yearly Plan – Lower School

| Trimester | Pre-school | K1 | K2 |
|-----------|--|--|---|
| Term 1 | MANIPULATIVE | MANIPULATIVE | MANIPULATIVE |
| | (Moving and working with objects) | (Moving and working with objects) | (Moving and working with objects) |
| | Parachute (1) | Parachute (1) | Parachute (1) |
| | Bounce & Catch (1) | Bounce & Catch (1) | Bounce & Catch (1) |
| | • Throw (2) | • Throw (2) | Throw/Catch (1) |
| | Rolling (balls, hoops etc) (2) | Rolling (balls, hoops etc) (1) | Volley (Balloon, scarf) (1) |
| | • Catch (1) | • Catch (1) | • Striking (1) |
| | Volley (Balloon, scarf) (1) | Volley (Balloon, scarf) (1) | Kicking (1) |
| | • Striking (1) | • Striking (1) | • Space (1) |
| | • Kicking (2) | • Kicking (2) | • Fitness (1) |
| | • Space (2) | • Space (2) | Short handled implements (1) |
| | Body Parts, signals (3) | Body Parts, signals (1) | Pathways/directions (1) |
| | Pathways/directions (1) | Pathways/directions (1) | Exploration of equip. (1) |
| | Exploration of equip. (1) | • Exploration of equip. (1) | Safety |
| | Safety | • Safety(1) | Rules and Routines |
| | Rules and Routines | Rules and Routines (1) | LOCOMOTOR |
| | LOCOMOTOR | LOCOMOTOR | (Moving through general space) |
| | (Moving through general space) | (Moving through general space) | Walk/Run/Gallop/skip (1) |
| | Walk/Run (2) | Walk/Run (1) | • Jump (1) |
| | Gallop (1) | • Gallop (1) | • Levels (1) |
| | Beginning skip (1) | Beginning skip (1) | • Space (1) |
| | • Jump (2) | • Jump (2) | Pathways (1) |
| | • Levels (1) | • Levels (1) | Safety |
| | • Space (1) | • Space (1) | Rules and routines |
| | Body parts, signals (2) | Body parts, signals (1) | NON-MANIP. |
| | Pathways (2) | Pathways (1) | (Moving in unique and different ways) |
| | Safety | Safety | Creative rhythms/dance (2) |
| | Rules and routines | Rules and routines | Rhythmic gymnastics (2) |
| | NON-MANIP. | NON-MANIP. | Balance (1) |
| | (Moving in unique and different ways) | (Moving in unique and different ways) | Jumping and landing (1) |
| | Creative rhythms/dance (2) | Creative rhythms/dance (2) | Transferring weight (1) |
| | Rhythmic gymnastics (1) | Rhythmic gymnastics (1) | Basic exploration (1) |
| | Balance (2) | Balance (2) | Safety |
| | Turning, twisting, curling, stretching (2) | Turning, twisting, curling, stretching (2) | Rules and routines |
| | Jumping and landing (2) | Jumping and landing (2) | |
| | Transferring weight (1) | Transferring weight (1) | |
| | Pathways (1) | Pathways (1) | |
| | Basic exploration | Basic exploration (1) | |
| | Safety | • Safety (1) | |
| | Rules and routines | Rules and routines (1) | |

Yearly Plan – Lower School

| | Pre-school | K1 | K2 |
|--------|---|--|--|
| Term 2 | MANIPULATIVE | MANIPULATIVE | MANIPULATIVE |
| | (Moving and working with objects) | (Moving and working with objects) | (Moving and working with objects) |
| | • Parachute (1) | • Parachute (1) | Parachute (1) |
| | ` ' | ` ' | ` ' |
| | • Collecting (1) | • Collecting (1) | • Collecting (1) |
| | Bounce & Catch (1) | Bounce & Catch (1) | Bounce & Catch (1) |
| | • Throw (2) | • Throw (2) | • Throw (1) |
| | Rolling (balls, hoops etc) (1) | Rolling (balls, hoops etc) (1) | Rolling (balls, hoops etc) (1) |
| | Catch (2) | • Catch (2) | • Catch (2) |
| | Volley (Balloon, scarf) (1) | Volley (Balloon, scarf) (1) | Volley (Balloon, scarf) (1) |
| | • Striking (1) | • Striking (1) | • Striking (1) |
| | • Kicking (2) | • Kicking (2) | • Kicking (1) |
| | • Space (2) | • Space (1) | Pathways/directions (1) |
| | Body Parts, signals (2) | Body Parts, signals (1) | • Exploration of equip. (1) |
| | | | |
| | Pathways/directions (1) Fundamental of a puint (4) | Pathways/directions (1) Fundamental of a grain (4) | Safety Pulse and routines |
| | • Exploration of equip. (1) | • Exploration of equip. (1) | Rules and routines |
| | Safety | Safety | LOCOMOTOR |
| | Rules and routines | Rules and routines | (Moving through general space) |
| | LOCOMOTOR | LOCOMOTOR | Walk/Run/Gallop/Skip/Jump/Hop/Slide (1) |
| | (Moving through general space) | (Moving through general space) | Chasing, Fleeing, Dodging (1) |
| | Walk/Run (2) | Walk/Run/Gallop (1) | Space/ Pathways (1) |
| | • Gallop (1) | • Skip (1) | Body parts, signals (1) |
| | Beginning skip (1) | • Jump (2) | • Safety |
| | • Jump (2) | • Hop (1) | Rules and routines |
| | • Hop (1) | • Slide (1) | Very simple games (1) |
| | 1 \ / | ` ' | NON-MANIP. |
| | • Slide (1) | Chasing, Fleeing, Dodging (1) | = |
| | Chasing, Fleeing, Dodging (1) | • Imagery (1) | (Moving in unique and different ways) |
| | • Imagery (1) | • Levels (1) | Creative rhythms/dance (1) |
| | • Levels (1) | • Space (1) | Rhythmic gymnastics (1) |
| | • Space (1) | Body parts, signals (1) | Balance (1) |
| | Body parts, signals (2) | Shapes (Letters, numbers) (1) | Turning, twisting, curling, stretching (1) |
| | • Shapes (Letters, numbers) (1) | Pathways (1) | Basic gymnastics (2) |
| | • Pathways (2) | • Safety | Jumping and landing (1) |
| | • Safety | Rules and routines | Transferring weight (1) |
| | , | | • Shapes (letters, numbers) (1) |
| | Rules and routines | Very simple games (2) | , , , , , |
| | Very simple games (2) | NON-MANIP. | Basic exploration (2) |
| | NON-MANIP. | (Moving in unique and different ways) | • Safety |
| | (Moving in unique and different ways) | Creative rhythms/dance (2) | Rules and routines |
| | Creative rhythms/dance (2) | Rhythmic gymnastics (2) | |
| | Rhythmic gymnastics (2) | • Imagery (1) | |
| | • Imagery (2) | Balance (1) | |
| | • Balance (2) | Turning, twisting, curling, stretching (1) | |
| | • Turning, twisting, curling, stretching (2) | Basic gymnastics (2) | |
| | Basic gymnastics (2) | • Jumping and landing (2) | |
| | Jumping and landing (2) | Transferring weight (1) | |
| | | | |
| | • Transferring weight (1) | • Shapes (letters, numbers) (2) | |
| | • Shapes (letters, numbers) (2) | • Pathways (1) | |
| | • Pathways (1) | Basic exploration | |
| | Basic exploration | Safety | |
| | Safety | Rules and routines | |
| | Rules and routines | | |

Yearly Plan – Lower School

| | Pre-School | K1 | K2 |
|--------|---|--|--|
| Term 3 | MANIPULATIVE (Moving and working with objects) Parachute (1) Bounce & Catch (1) Throw (2) Rolling (balls, hoops etc) (1) Catch (3) Volley (Balloon, scarf) (1) Striking (1) Kicking (2) Space (2) Body Parts, signals (3) Pathways/directions (1) Exploration of equip. (1) Safety Rules and routines LOCOMOTOR (Moving through general space) Walk/Run (2) Beginning skip (1) Jump (2) Hop (2) Slide (2) Chasing, Fleeing, Dodging (2) Imagery (2) Levels (1) Space (1) Body parts, signals (2) Shapes (Letters, numbers) (1) Pathways (2) Safety Rules and routines Very simple games (2) NON-MANIP. (Moving in unique and different ways) Creative rhythms/dance (2) Rhythmic gymnastics (3) Imagery (2) Balance (2) Turning, twisting, curling, stretching (2) Basic gymnastics (4) Jumping and landing (2) Transferring weight (1) Shapes (letters, numbers) (2) Pathways (1) Basic exploration Safety | MANIPULATIVE (Moving and working with objects) • Parachute (1) • Bounce & Catch (1) • Throw (2) • Rolling (balls, hoops etc) (1) • Catch (2) • Volley (Balloon, scarf) (1) • Striking (1) • Kicking (2) • Space (1) • Pathways/directions (1) • Exploration of equip. (1) • Safety • Rules and routines LOCOMOTOR (Moving through general space) • Walk/Run/Skip/Slide (1) • Jump/ Hop (1) • Chasing, Fleeing, Dodging (2) • Imagery (1) • Levels (1) • Space (1) • Body parts, signals (1) • Safety • Rules and routines • Very simple games (3) NON-MANIP. (Moving in unique and different ways) • Creative rhythms/dance (2) • Rhythmic gymnastics (3) • Imagery (2) • Balance (2) • Turning, twisting, curling, stretching (2) • Basic gymnastics (3) • Jumping and landing (2) • Transferring weight (1) • Shapes (letters, numbers) (2) • Pathways (2) • Basic exploration • Safety • Rules and routines | MANIPULATIVE (Moving and working with objects) • Bounce & Catch (1) • Throw/Catch (2) • Volley (Balloon, scarf) (1) • Striking (1) • Kicking (2) • Space (1) • Exploration of equip. (1) • Safety • Rules and routines LOCOMOTOR (Moving through general space) • Walk/Run/Skip/Jump/Hop/Slide (2) • Levels/Space (1) • Body parts, signals (1) • Shapes (Letters, numbers) (1) • Safety • Rules and routines • Very simple games including chasing/fleeing/dodging (2) NON-MANIP. (Moving in unique and different ways) • Creative rhythms/dance (2) • Rhythmic gymnastics (2) • Imagery (1) • Balance (1) • Turning, twisting, curling, stretching (1) • Basic gymnastics (2) • Jumping and landing (1) • Transferring weight (1) • Shapes (letters, numbers) (1) • Pathways (1) • Basic exploration • Safety • Rules and routines |