



European Schools

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Physical education syllabus – Primary cycle

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Contents

CONTENTS	2
1. GENERAL OBJECTIVES	3
2. DIDACTICAL PRINCIPLES	4
2.1 MAIN AIMS IN PHYSICAL EDUCATION	4
2.2 ORGANISATION OF PE	5
2.3 TEACHING PRINCIPLES	5
3. CONTENTS	5
3.1 INDIVIDUAL ACTIVITIES	5
3.2 TEAM ACTIVITIES.....	6
3.3 SWIMMING.....	8
4. LEARNING OBJECTIVES	9
4.1 P1	9
4.2 P2	10
4.3 P3	11
4.4 P4	12
4.5 P5	13
5. TRANSITION P5 TO S1	14
6. ASSESSMENT	14
6.1 FORMATIVE AND SUMMATIVE ASSESSMENT	14
6.2 ASSESSMENT METHODS/TOOLS.....	15
7. ANNEX	16

1. General Objectives

The European Schools have the two objectives of providing formal education and of encouraging pupils' personal development in a wider social and cultural context. Formal education involves the acquisition of competences – knowledge, skills and attitudes across a range of domains. Personal development takes place in a variety of spiritual, moral, social and cultural contexts. It involves an awareness of appropriate behaviour, an understanding of the environment in which pupils live, and a development of their individual identity.

These two objectives are nurtured in the context of an enhanced awareness of the richness of European culture. Awareness and experience of a shared European life should lead pupils towards a greater respect for the traditions of each individual country and region in Europe, while developing and preserving their own national identities.

The pupils of the European Schools are future citizens of Europe and the world. As such, they need a range of competences if they are to meet the challenges of a rapidly-changing world. In 2006 the European Council and European Parliament adopted a European Framework for Key Competences for Lifelong Learning. It identifies eight key competences which all individuals need for personal fulfillment and development, for active citizenship, for social inclusion and for employment:

1. Communication in the mother tongue
2. Communication in foreign languages
3. Mathematical competence and basic competences in science and technology
4. Digital competence
5. Learning to learn
6. Social and civic competences
7. Sense of initiative and entrepreneurship
8. Cultural awareness and expression

The European Schools' syllabuses seek to develop all of these key competences in the pupils.

2. Didactical principles

2.1 Main aims in Physical Education

Physical Education (PE) is built on a holistic view of children recognising the level of physical, mental and social maturity of the child and precedes what has been previously taught in line with the “Early Education Curriculum” (2011-01-D-15-en-3).

Education aims to develop understanding of how physical activities affect health in a positive way and to realise the importance of adequate equipment and personal hygiene routines. Through PE, children should create a life-long interest in being physically active. PE should motivate and encourage children to do sport in their spare time and prepare them for the secondary cycle.

Physical activities (sports) are parts of our culture. PE which reflects these aspects enhances understanding of others in a European context.



2.2 Organisation of PE

PE is offered during PE-lessons in gym halls, swimming halls and/or in outdoor areas. The number of hours allocated for PE is regulated in the document “Harmonized Timetable-Primary” (2006-D-246-en-5). It is recommended, due to the nature of the subject, that all its different parts (swimming, individual- and team activities) are covered each school year of the Primary Cycle. To make it possible to arrange sports days, PE-lessons could be merged into blocks (whole day, half day).

The PE-teacher could be the class teacher or a specialist. It is essential that the teacher is qualified for the task and is aware of security rules and health aspects.

Teaching should be both individual and group oriented. Boys and girls should be **challenged, taught and treated equally**, and every child should develop at their own pace according to their **individual capacity**.

2.3 Teaching principles

The teacher should explain and motivate children to perform exercises, games and movements.

It is important that PE offers a broad range of possibilities for children to try and explore different areas of body related activities. Children must have ample opportunities to practice if they are to develop motor skills and achieve automaticity. The development of social skills (like fair play, cooperation, tolerance, respect etc.) and cognitive skills (e.g. tactic, rules, body control, health and security aspects) are considered and highlighted in PE teaching.

During the learning process, children should be trained to reflect on and evaluate their progress. The teacher should through formative and summative assessment support the development of the child.

3. Contents

3.1 Individual activities

The teacher guides the child towards increased body knowledge, perception, stamina, strength, coordination, courage and agility by conscious choice of exercises. The older the child, the more complex and challenging movements should be taught. The child’s awareness and reflections of their purposes and knowledge of ways to improve their performance is also expected to increase over the years.

INDIVIDUAL ACTIVITIES		
Moving over a distance	Moving on the spot	Manipulative Skills
<p>Actions:</p> <ul style="list-style-type: none"> - Different directions, levels and ways to get in and out of rolls - Different shapes, ways and flight for landing - Rotate and balance on a bar - Spring onto boxes, horses of varying heights - Sprints, starts, distance running, hurdling - Long jump, high jump, triple jump <p>Skills:</p> <ul style="list-style-type: none"> - Walking, running, jumping, sliding, hopping, leaping, skipping, galloping, skating, orienteering 	<p>Actions:</p> <ul style="list-style-type: none"> - Handstand - Exercise on rings and bars - Rope climbing - Dancing <p>Skills:</p> <ul style="list-style-type: none"> - Bending, twisting, turning, balancing, pushing, pulling, stretching, lifting 	<p>Actions:</p> <ul style="list-style-type: none"> - Vary the type of throws and objects - Parcour / obstacle track (Moving quickly through an area) <p>Skills:</p> <ul style="list-style-type: none"> - Throwing, catching, bouncing/ dribbling, rolling, kicking

Orienteering aims to give the child tools to find his/her way safely in the city, forest, mountains and at sea. Knowledge of signs and colours of the map and practical experience of how to hold, read and turn the map facilitates an active life style. Different outdoor activities like skating, slack lining, skateboarding, orienteering, wall climbing, cycling etc. are often organised during sport days or school trips. It is recommended that outdoor activities should be carried out during all seasons.

3.2 Team activities

Games are an integral part of the PE syllabus which serves to equip children with knowledge, skills and attitudes to pursue and enjoy a physically active and healthy lifestyle. Basic games concepts are introduced through modified games, which provide greater opportunities for children to improve fundamental skills. Children perform a variety of manipulative movements with correct technique.

TEAM ACTIVITIES		
Territorial Games	Net Games	Striking & Fielding Games
<p>Examples of Games:</p> <ul style="list-style-type: none"> - Handball - Basketball - Netball - Hockey/floorball - Soccer - Ultimate Frisbee - Rugby <p>Games Skills:</p> <ul style="list-style-type: none"> - Passing - Receiving - Travelling with the ball - Marking and intercepting - Tackling and challenging an opposing player in possession of the ball 	<p>Examples of Games:</p> <ul style="list-style-type: none"> - Badminton - Table Tennis - Tennis - Indiaka/ Volleyball <p>Games Skills:</p> <ul style="list-style-type: none"> - Service - Forehand strokes - Backhand strokes - Offensive strokes - Defensive strokes - Footwork - Volleying - Setting - Receiving 	<p>Examples of Games:</p> <ul style="list-style-type: none"> - Rounders - Tee- Ball - Softball - Baseball <p>Games Skills:</p> <ul style="list-style-type: none"> - Striking/ Hitting - Running - Catching - Throwing - Pitching - Stopping and keeping the ball

Dance is a team activity for all year levels. It is also eligible for a cross curriculum approach with music and rhythm. Children can perform a dance and recognize the rhythm. Dance could also be a part of different school projects in cooperation with music teachers, art teachers or external experts.

The children start with moving to music and singing before continuing to discover different dances from Europe and around the world.

Dance	
Modern Dance	Cultural Dance
<ul style="list-style-type: none"> -Hip Hop -Break dance -Jazz dance - Aerobics 	<ul style="list-style-type: none"> - Folk dances - Circle dances - Waltz/ polka etc. in rounds - Singing games and dances

3.3 Swimming

Swimming is not only a sport but might also be a life-saving and a lifelong recreational activity.

SWIMMING	
Safety	Styles
<p>Water safety:</p> <ul style="list-style-type: none"> - Visibility and location of water, hazards in a variety of conditions - Learn and know the code of hygiene and courtesy for using swimming pools - Rules of behaviour in, on or near the water - Recognition of emergency signs <p>Water confidence:</p> <ul style="list-style-type: none"> - Slide- in entry - Recover from a face float or glide to a standing or other secure position - Recover from the back float or glide to a standing or other secure position - Breathe and inhale in and out of the water - Blowing bubbles - Jump into the water - Stay under the water 	<p>Actions:</p> <ul style="list-style-type: none"> - breast stroke - front crawl - back stroke - butterfly - diving - different turns - different jumps - water games <p>Skills:</p> <ul style="list-style-type: none"> - Breathing - Position and tension of the body inside and out of the water - Tactics and fairness in games

4. Learning Objectives

The learning objectives aim to challenge and develop the child each school year. The learning objectives will help the teacher to plan lessons and assess the children:

4.1 P1

LEARNING OBJECTIVES YEAR 1		
Individual activities	Team activities	Swimming
<p>The child should:</p> <ul style="list-style-type: none"> - experience basic movements e.g. rolling, balancing, swinging, climbing, hanging - engage in movement with and without materials like: skip, toss, knot, build, carry etc. - engage in different activities which include running, jumping, throwing fast/slow, hard/soft, heavy/light, stressed/relaxed, strong/weak, tired/alert - move through an obstacle course 	<p>The child should:</p> <ul style="list-style-type: none"> - experience basic movements e.g. rolling, balancing, swinging, climbing, hanging - engage in movement with and without materials like: skip, toss, knot, build, carry etc. - engage in different activities which include running, jumping, throwing fast/slow, hard/soft, heavy/light, stressed/relaxed, strong/weak, tired/alert - move through an obstacle course 	<p>The child should:</p> <ul style="list-style-type: none"> - breathe as appropriate i.e. inhale out of the water and exhale underwater while blowing bubbles - practise floating in back and front positions - jump into the water from the edge of the pool - move their feet in two styles i.e. breast stroke, freestyle or backstroke - do simple swimming exercises to develop understanding of the aforementioned swimming strokes - follow safety rules in and around the water and understand how to react in emergency situations

4.2 P2

LEARNING OBJECTIVES YEAR 2		
Individual activities	Team activities	Swimming
<p>The child should:</p> <ul style="list-style-type: none"> - complete basic movements e.g. rolling, balancing, swinging, climbing, hanging - engage in movements with and without materials and small apparatus while performing exercises which include different ways of rolling, head/handstand, cartwheels, jumping over an obstacle and swinging between apparatus with help - run, jump and throw in order to perform a number of exercises i.e. sprint games, differentiation of running styles, jumping over obstacles, bouncing and catching a ball and throwing various objects - move on an obstacle course 	<p>The child should:</p> <ul style="list-style-type: none"> - understand and use simple rules in sport activities, games and dances - cooperate with other team members in order to reach a common goal - manage emotions in win-lose situations 	<p>The child should:</p> <ul style="list-style-type: none"> - practise moving the feet in 3 styles i.e. freestyle, breast stroke and back stroke - perform simple swimming exercises to develop understanding of the aforementioned strokes - dive, swim underwater and collect objects from the bottom of the pool - use at least one of the aforementioned swimming styles whilst swimming autonomously for 15m - follow safety rules in and around the water - explain and perform how to react in emergency situations

4.3 P3

LEARNING OBJECTIVES YEAR 3		
Individual activities	Team activities	Swimming
<p>The child should:</p> <ul style="list-style-type: none"> - combine movements and handle more complex exercises - engage in movements with and without materials and small apparatus e.g. ropes and balls but also alternative materials like newspaper - run, jump and throw i.e. short and long distance runs, different styles of jumps, finding the right jump foot, throwing overhead and in the right direction - move on an obstacle course - participate in outdoor sports like map reading walks, skateboarding, slack lining 	<p>The child should:</p> <ul style="list-style-type: none"> - make decisions according to rules in order to progress in sport activities, games and dances - cooperate and understand team strategies to experience different playing positions in a team - experience team strategies and understand the benefit of different playing positions in a team 	<p>The child should:</p> <ul style="list-style-type: none"> - perform respiratory exercises, inhale-exhale, for both freestyle and breaststroke - perform advanced exercises to improve their swimming technique - jump into the water from a height of 1m - dive into the water from the edge of the pool - participate in waterbased ball games - swim for 25 m using two of the taught swimming styles

4.4 P4

LEARNING OBJECTIVES YEAR 4		
Individual activities	Team activities	Swimming
<p>The child should:</p> <ul style="list-style-type: none"> - combine complex movements and participate consciously in more advanced activities - perform more specialised exercises e.g. treadmill, somersaults and handstand - engage in movements with and without materials and small apparatus e.g. ropes and balls but also alternative materials - participate in outdoor sports like skateboarding and slack lining - manage an orienteering course in a known area i.e. school yard, playground 	<p>The child should:</p> <ul style="list-style-type: none"> - use the right technique to perform complex versions of sport activities, games and dances - develop tactics in team games and refine creativity in group performances - engage as a team player, encourage others and respect their different skills and levels 	<p>The child should:</p> <ul style="list-style-type: none"> - swim under water for 5m - jump from a diving board of 3m or 5m height - participate in water based games in water i.e. relays, water polo, synchronised swimming - swim using a life vest - swim confidently for 50 m using all the three basic styles

4.5 P5

LEARNING OBJECTIVES YEAR 5		
Individual activities	Team activities	Swimming
<p>The child should:</p> <ul style="list-style-type: none"> - evaluate the quality of their movements and be conscious about their body tension - perform more complex movements in longer and more complex sequences - participate in outdoor sports like skateboarding and slack lining - manage a course in orienteering in a fairly known area i.e. a park, small wood 	<p>The child should:</p> <ul style="list-style-type: none"> - play simplified versions of official and standard sport activities, show engagement in games and create short dances with style and sensitivity - develop tactics in team games and refine creativity in group performances - feel comfortable in tournaments and competitive games 	<p>The child should:</p> <ul style="list-style-type: none"> - develop turning at the side of the pool in different swimming styles - work further on butterfly exercises - play in a team and follow the rules of games - swim 100 m with a life vest in order to manage an emergency situation - fall into the water dressed in long trousers and sleeves e.g. jump in the water, feet first, head underwater, swim for 80-100 m, swim for 3m-5m underwater and climb out of the water again - swim confidently for 100m using one of the three basic strokes

5. Transition P5 to S1

The teachers offering PE in year 5 are encouraged to refer to the PE syllabus of the Secondary Cycle in order to facilitate a smooth transition of the children and to prepare them for the requirements of the S1 syllabus. In the transition framework, common transition activities such as sports days and sport events are organised in common with the Secondary Cycle. Such activities promote social life in school and help to prevent bullying. The school management should also encourage in-service training in PE in common for both cycles.

The coordinators play a major role in the realisation of these activities and active coordinators in both cycles can successfully promote the transition, e.g. PE primary teachers and PE secondary teachers can swap classes for some lessons at the end of the school year, especially during a transition day.

6. Assessment

Assessment plays an essential role in the process of teaching and learning and is an integral part of it.

The purpose of assessment is:

- to provide the teachers with the information regarding knowledge and skills gained by the child and give feedback on the effectiveness of the teaching methods used
- to enable the teachers to identify difficulties which a child may be experiencing, thus helping the teacher to adjust their approach to the child and find the most appropriate methods of teaching, for the group and for the individual child
- to help teachers in the planning of Physical Education and to adapt activities to the group's needs
- to facilitate a smooth transition by transferring information to the Secondary Cycle
- to inform parents about their child's progress in Physical Education
- to help the school to evaluate the development of the Physical Education programme

6.1 Formative and summative assessment

Formative and summative assessments are an integral part of the teaching and learning process. While summative assessment is to summarise the knowledge obtained by the children after the completion of the process of learning, formative assessment is accompanied by a process of learning and supports it.

Formative assessment is ongoing during the learning process, is based on prior learning and provides feedback about how learning is proceeding, for pupils as well as teachers. Formative assessment supports the pupils' development, and enables teachers to know how effective their teaching is.

Summative assessment takes place at the end of a teaching/learning period, to see if intended learning outcomes have been reached and to grade pupils. Summative assessment looks back over what has been achieved.

Assessment is to complement the teaching of Physical Education and it should provide useful information without consuming valuable teaching time.

The recording of information during a Physical Education lesson should be organised in a practical and time effective way to ensure that the children are active, safe and they continue to enjoy the lesson.

6.2 Assessment methods/tools

During the Physical Education lesson, the teacher uses various methods/tools of assessment of pupil's skills. These assessment methods/tools help the teacher to ensure that the children have understood the assigned tasks and are able to perform them successfully. Their progress should be recorded and achievements recognized and communicated to other teachers and parents. The results of the assessment are the basis for planning the next stages of learning. A range of assessment methods/tools can be used to gather information about a pupil's progress.

- **Observations** - Teachers continually observe children and monitor their progress as they engage in activities within the Physical Education lesson.
- **Tests** - The teacher sets tests with a **wide** range of tasks for the child to complete and thus they assess pupils' learning.
- **Self-assessment** - It should facilitate the pupils to become aware of their strengths and weaknesses.
- **Portfolio** - A portfolio is a tool to record children's achievements and it could include self-evaluation of a child's attitude to Physical Education.
- **Pupils record/passport** - The record of a pupil's progress will contain information, gathered by the use of the assessment tools outlined above, related to the attitude of the pupil to participation and the pupil's achievement related to the strands/areas of the Physical Education syllabus
- **School report** - This is an obligatory tool which records the level of achievement on the Physical Education objectives. The child's progress can be assessed and recorded using the indicators and the criteria as described in the school report.

7. ANNEX

Recommended list of equipment and facilities for Physical Education in Primary cycle

<u>Individual activities:</u>	mark with an X if available and numbers	<u>Individual activities</u>	mark with an X if available and numbers	<u>Individual / team activities</u>	mark with an X if available and numbers	<u>Individual / team activities</u>	mark with an X if available and numbers	<u>Individual / team activities</u>	mark with an X if available and numbers	<u>Swimming:</u>	mark with an X if available and numbers	<u>Outdoor facilities</u>
Parallel bars		Medicine balls		Sticks		Mini basketball goals		Music or sound system		Swimming belts		Football ground
Asymmetric bars		Landing pit for long jump		Skittles		Volleyball net		Selection of different music		Kick boards		Track and field area
Fixed bars		Running track		Hoops		Handball goals		Music instruments		Pull buoys		Access to area for orienteering exercises
Pairs of rings		High jump set (posts, rope, mat)		Skipping ropes		Football goals				Flippers		
Beams		Low hurdles		Wooden blocks		Mini football goals				Playing rafts		
Horse with pommel				Rubber rings		(Mini)-basket balls						
Boxes				Traffic cones		(sponge)-volley balls						

Bucks				Posts (1.50 m high)		Footballs						
Spring boards (Reuther)				Bat (any safe bat)		(sponge)- handballs						
Mini tramps				Hockey sticks		Tennis balls						
Ladders						Hockey balls						
Frames						Indoor hockey balls						
Small mats						(Soft)- Base balls						
Long mats												
Landing mattress												
3 Benches												
6 Climbing ropes												
								Other equipment, please list and add numbers:		Other equipment , please list and add numbers:		Other outdoor facilities, please list and add numbers: