



FITNESS
Agility, Balance, Coordination (ABC)

GAMES
Ball control & skills sending & receiving

Team building (Social)

Ball skills

DEVELOPING RUNNING, JUMPING & THROWING SKILLS
Athletics

TARGET GAMES
Throwing skills



TAG RUGBY
Awareness

NETBALL
Ball control & movement

FITNESS
Speed/stamina

HANDBALL
Ball control/ball striking

DEVELOPING RUNNING, JUMPING & THROWING SKILLS
Athletics

CRICKET
Striking & fielding



TAG RUGBY
Awareness

NETBALL
Ball control & movement

FITNESS
Speed/Stamina

HANDBALL
Ball control/ball striking

DEVELOPING RUNNING, JUMPING & THROWING SKILLS
Athletics

CRICKET
Striking & Fielding

FITNESS
Agility, Balance, Coordination (ABC)

GAMES
Ball control & skills sending & receiving

Team building (social)

Ball skills

ATHLETICS
Developing running, jumping & throwing skills

TARGET GAMES
Throwing skills



FOOTBALL
Ball Mastery

BASKETBALL
Ball control & skills Sending & Receiving

FITNESS
Team Building (Social)

HOCKEY
Ball skills

DEVELOPING, RUNNING, JUMPING & THROWING SKILLS
Athletics

CRICKET
Striking & Fielding



FOOTBALL
Ball mastery

BASKETBALL
Ball control & movement

FITNESS
Speed/stamina

HOCKEY
Ball control sticks

CONSOLIDATING RUNNING, JUMPING & THROWING SKILLS
Athletics

CRICKET
Striking & fielding

