



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

SWIMMING



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 & THOWING 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

SWIMMING

