Ball handling skills; rolling, bouncing, catching, dribbling and hitting with activities to supplement skills for; soccer, basketball, hockey and bat tennis. Gross motor and agility activities of running, dodging and jumping hurdles.

Year 1-2.

Ball handling skills and minor games such as: Long Ball, End Ball and Boundary ball. Developing skills related to: soccer, basketball, hockey, softball and bat tennis. Athletics skill; hurdling and shot put.

Year 3-4.

Minor games and major ball skills related to soccer, basketball, hockey, softball and bat tennis. Coaching games developing skills and understanding of rules for; soccer, basketball and hockey. Athletics skills; hurdles and shot put.

Year 5-6.

Minor games and major ball skills related to soccer, basketball, hockey and softball. Coaching and practice games developing skills, strategic thinking and understanding of rules for; soccer, basketball, hockey and softball. Athletics skills; hurdles and shot put.