

Curriculum for Sport Department

Grade 5

Term I

Swimming & Learn to Swim

Ball games

Term II

Ball sports- Handball and Soccer

Athletics- middle distance training (800 and 1 000m), ball throwing and long jump

Gymnastics- apparatus and floor work.

Term III

Athletics- middle distance training (800 and 1 000m), ball throwing and long jump. Preparations for annual Bundejugendspiele in September.

Ball sports: Handball and soccer and introduction to volleyball.

Term IV

Swimming & Learn to swim

Ball games

Grade 6

Term I

Swimming & Learn to Swim

Ball games

Term II

Ball sports- Handball , Soccer , Netball and introduction to volleyball

Athletics- middle distance training (800 and 1 000m), ball throwing and long jump

Gymnastics- apparatus and floor work.

Term III

Athletics- middle distance training (800 and 1 000m), ball throwing and long jump. Preparations for annual Bundejugendspiele in September.

Ball sports: Handball and soccer and introduction to volleyball.

Term IV

Swimming- preparation for schwimmfest in first term of the following year.

Ball games

Grade 7

Term I

Swimming & Learn to Swim

Ball games

Term II

Ball sports- Handball, Soccer and Volleyball

Athletics- middle distance training (800 and 1 000m), ball throwing and long jump. Cooper Test

Gymnastics- apparatus and floor work.

Term III

Athletics- middle distance training (800 and 1 000m), ball throwing and long jump. Preparations for annual Bundejugendspiele in September.

Ball sports: Handball and soccer and volleyball.

Term IV

Swimming- preparation for Schwimmfest for the following year in the first term.

Ball games

Grade 8

Term I

Swimming & Learn to Swim

Ball games

Term II

Ball sports- Handball, Soccer, Basketball, Netball and Volleyball

Athletics- middle distance training (800 and 1 000m), shot put , high jump and long jump. Cooper Test

Term III

Athletics- middle distance training (800 and 1 000m), shot put, high jump and long jump. Preparations for annual Bundejugendspiele in September.

Ball sports: Handball, Soccer, Basketball, Netball and Volleyball.

Term IV

Swimming- preparation for Schwimmfest for the following year in the first term.

Ball games

Grade 9

Term I

Swimming

Ball games

Term II

Ball sports- Handball, Soccer, Basketball, Netball and Volleyball

Athletics- middle distance training (800 and 1 000m), shot put, high jump and long jump. Cooper Test

Term III

Athletics- middle distance training (800 and 1 000m), shot put, high jump and long jump. Preparations for annual Bundejugendspiele in September.

Ball sports: Handball, Soccer, Basketball, Netball and Volleyball.

Term IV

Swimming- preparation for Schwimmfest for the following year in the first term.

Ball games

Grade 10

Term I

Swimming

Ball games

Term II

Ball sports- Soccer, Basketball, Netball and Volleyball

Athletics- middle distance training (800 and 1 000m), shot put, high jump and long jump. Cooper Test

Practical Assessment Task for Life Orientation

Term III

Athletics- middle distance training (800 and 1 000m), shot put, high jump and long jump. Preparations for annual Bundejugendspiele in September.

Ball sports: Soccer, Basketball, Netball and Volleyball.

Term IV

Swimming- preparation for Schwimmfest for the following year in the first term.

Ball games

Grade 11

Term I

Swimming

Ball games

Term II

Ball sports- Soccer, Basketball, and Volleyball

Athletics- middle distance training (800 and 1 000m), shot put, high jump and long jump. Cooper Test

Practical Assessment Task for Life Orientation

Term III

Athletics- middle distance training (800 and 1 000m), shot put, high jump and long jump. Preparations for annual Bundejugendspiele in September.

Ball sports: Soccer, Basketball, and Volleyball.

Term IV

Swimming- preparation for Schwimmfest for the following year in the first term.

Ball games

Grade 12

Term I

Swimming

Ball games

Term II

Ball sports- Soccer, Basketball, and Volleyball

Athletics- middle distance training (800 and 1 000m), shot put, high jump and long jump. Cooper Test

Practical Assessment Task for Life Orientation

Term III

Ball sports: Soccer, Basketball, and Volleyball.