

At Daffodil Preparatory School, our PE curriculum provides a comprehensive and engaging approach to physical education, nurturing students' physical fitness, skills, and teamwork abilities. From foundational movement skills and coordination in Year 1 to advanced sports techniques and outdoor adventure activities in year 6, each term focuses on a variety of activities, including ball skills, team games, gymnastics, dance, athletics, outdoor activities, and fitness training.

P.E.

AT DAFFODIL PREPARATORY

Year 1

- Movement skills
- Spatial awareness and team games
- Balance and coordination
- Creative movement

Year 2

- Hand-eye coordination
- Invasion games
- Gymnastics
- Striking and fielding
- Athletics

Year 3

- Movement Skills
- Net and wall games
- Gymnastics
- Striking and fielding
- Athletics

Year 4

- Invasion Games
- Striking games
- Striking and fielding
- Net and wall games
- Outdoor adventure activities

Year 5

- Invasion games
- Striking games
- Gymnastics
- Athletics
- Orienteering

Year 6

- Striking and fielding
- Team sports
- Invasion games
- Circuit training
- Track events