

# ACHIEVEMENT STANDARDS

At the end of the session, Pupils are able to perform the following activities:

## PHYSICAL DEVELOPMENT

### NURSERY 1 (AGE 3)

- i. Introduction to self.
- ii. Balancing (Walking on straight line)
- iii. Catching the Bubbles.
- iv. Playing with balls/Ball Games (Catching & throwing)
- v. Ball Game (Picking the balls)
- vi. Athletics (25m dash)
- vii. Water Play.
- viii. Colour Matching Games.
- ix. Twisting of the Body.
- x. Safety at School.
- xi. Safety Walk at School.
- xii. Our Environment (Cleaning activities)
- xiii. Ball Games (keep the balloon moving)
- xiv. Block Building Game.
- xv. Physical Coordination Exercise.
- xvi. Creative Rhythm (Movement)
- xvii. Sand Play (Physical Development)
- xviii. Colour Run Game.
- xix. Tape Jumping Game.
- xx. Indoor throwing Activities (paper/small balls)
- xxi. Fun Exercise.
- xxii. Indoor Softball Games.

### NURSERY 2 (AGE 4)

- i. High Five Dance Game.
- ii. Outdoor Play (sand play)
- iii. Bounce and Catch.
- iv. Bowling.
- v. Follow Leader.
- vi. Galloping.
- vii. Body Parts Activity.
- viii. 25 metres races.
- ix. Soccer Football (Kicking)
- x. Coordination and Balancing (hopping and freezing)
- xi. Manipulative Movement (animal movement games)
- xii. Balancing (balance poses)
- xiii. Indoor Basketball (shooting game)
- xiv. Block building Game.
- xv. Self Esteem Skill (chores with a purpose)
- xvi. Locomotor Movement (walking, running)
- xvii. Simple and Fun Exercises.
- xviii. Water Game.
- xix. Short Distance race (50 metres dash)
- xx. Tennis (balloon tennis)
- xxi. Basketball Dribble.

### KINDERGARTEN (AGE 5)

- i. Data Collection (Child's personal data)
- ii. Child's Personal Data.
- iii. Crab Walk.
- iv. Coordination and Balancing (hopping)
- v. Targeting (throwing)
- vi. Neuro-Muscular Skill (climbing)
- vii. Soccer Game (kicking and shooting)
- viii. Building Block Games.
- ix. Correct Posture for sitting.
- x. Correct Posture for standing.
- xi. Correct Posture for reading.
- xii. Non-Locomotive Movement (Twisting)
- xiii. Football Game (kicking and shooting)
- xiv. Identification of colours' Game.
- xv. Track Event (50 metres short distance race)
- xvi. Neuro-Muscular (jumping)