



S4A PROGRAMME OF STUDY 2024/25

EARLY YEARS					
TERM 1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
INTRO 2 PE UNIT 1 (Social Me) PE FUNDAMENTALS UNIT 1 (Thinking Me)	BALL SKILLS UNIT 1 (Physical Me) GAMES UNIT 1 (Thinking Me)	DANCE (Creative Me) INTRO 2 PE UNIT 2 (Healthy Me)	GYMNASTICS (Personal Me) PE FUNDAMENTALS UNIT 2 (Healthy Me)	ATHLETICS (Social Me) Football FUNDAMENTALS (Personal Me)	BALL SKILLS UNIT 2 (Social Me) GAMES UNIT 2 (Physical Me)

Year 1					
TERM 1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
PE FUNDAMENTALS (Thinking Me) INVASION GAMES (Creative Me)	BALL SKILLS (Physical Me) FITNESS (Healthy Me)	DANCE (Personal Me) SENDING AND RECEIVING (Physical Me)	GYMNASTICS (Creative Me) NET AND WALL GAMES (Social Me)	ATHLETICS (Healthy Me) FOOTBALL FUNDAMENTALS (Social Me)	TARGET GAMES (Thinking Me) STRIKING AND FIELDING (Physical Me)

Year 2					
TERM 1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
PE FUNDAMENTALS (Thinking Me) INVASION GAMES (Creative Me)	BALL SKILLS (Physical Me) FITNESS (Healthy Me)	DANCE (Personal Me) SENDING AND RECEIVING (Physical Me)	GYMNASTICS (Creative Me) NET AND WALL GAMES (Social Me)	ATHLETICS (Healthy Me) FOOTBALL FUNDAMENTALS (Social Me)	TARGET GAMES (Thinking Me) STRIKING AND FIELDING (Physical Me)

Year 3					
TERM 1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
FOOTBALL (Social Me) TAG RUGBY (Physical Me)	BASKETBALL (Personal Me) HOCKEY (Physical Me)	DANCE (Creative Me) HANDBALL (Thinking Me)	GYMNASTICS (Creative Me) OAA (Social Me)	ATHLETICS (Thinking Me) CRICKET (Thinking Me)	ROUNDERS (Social Me) TENNIS (Healthy Me)

Year 4					
TERM 1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
FOOTBALL (Social Me) TAG RUGBY (Physical Me)	NETBALL (Personal Me) HOCKEY (Physical Me)	DANCE (Creative Me) HANDBALL (Physical Me)	GYMNASTICS (Creative Me) OAA (Social Me)	ATHLETICS (Thinking Me) CRICKET (Thinking Me)	ROUNDERS (Social Me) TENNIS (Healthy Me)



Year 5

TERM 1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
FOOTBALL (Physical Me)	BASKETBALL (Thinking Me)	DANCE (Creative Me)	GYMNASTICS (Creative Me)	ATHLETICS (Personal Me)	ROUNDERS (Physical Me)
TAG RUGBY (Social Me)	HOCKEY (Personal Me)	HANDBALL (Thinking Me)	OAA (Social Me)	CRICKET (Healthy Me)	TENNIS (Thinking Me)

Year 6

TERM 1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
FOOTBALL (Physical Me)	NETBALL (Social Me)	DANCE (Creative Me)	GYMNASTICS (Creative Me)	ATHLETICS (Personal Me)	ROUNDERS (Physical Me)
TAG RUGBY (Social Me)	HOCKEY (Personal Me)	HANDBALL (Thinking Me)	OAA (Social Me)	CRICKET (Healthy Me)	TENNIS (Thinking Me)

EARLY YEARS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
TERM 5	TERM 5	TERM 5	TERM 5	TERM 5	TERM 5	TERM 5
ATHLETICS (Social Me)	ATHLETICS (Healthy Me)	ATHLETICS (Healthy Me)	ROUNDERS (Social Me)	ROUNDERS (Social Me)	ROUNDERS (Physical Me)	ROUNDERS (Physical Me)
GAMES UNIT 2 (Physical Me)	STRIKING AND FIELDING (Physical Me)	STRIKING AND FIELDING (Physical Me)	ATHLETICS (Thinking Me)	ATHLETICS (Thinking Me)	ATHLETICS (Personal Me)	ATHLETICS (Personal Me)