

ATHLETICS Grade 5 -12

Grades 5/6:

Track & Field:

Athletic games for running, sprinting, jumping and tossing, shot-put, hurdles, long jump, etc.

Gymnastics:

Basic activities: Body awareness, jumping, rolling, swinging, hanging, balancing and climbing

Gymnastics / Dance:

Performing simple dances, movements with apparatus, acquiring a feeling of rhythm

Net Sports:

Performing basic skills in badminton, tennis, volleyball, and table tennis

Team Sports:

Performing basic game skills in basketball, soccer, handball, speedball, ultimate frisbee and hockey

Wrestling:

Practice matches at knee level on protective mats

Miscellaneous Games:

Appropriate team building lessons and games that incorporate teamwork, sportsmanship, communication, and fair play

Health & Fitness: Choosing and performing health-oriented exercises focusing on endurance, strength and mobility as well as coordination.

Grades 7/8

Track & Field:

Perform athletic exercises and disciplines in different games and in competitive forms

Gymnastics: Activities in two different artistic events each with at least four elements, perform two support jumps elaborating learned elements and gymnastic combinations

Net Sports:

Performing basic skills in badminton, tennis, volleyball, and table tennis

Team Sports:

Performing basic game skills in basketball, soccer, handball, speedball, ultimate frisbee and hockey

Rhythm/Dance:

Using different rhythms to transform forms of walking, running and hopping, independently developing and presenting dance sequences

Rebound sport:

Performing specific techniques, realizing complex movements while playing precisely, safely and variably

Target games

Performing specific techniques, realizing complex movements while playing precisely, safely and variably (soccer, handball etc.)

Martial Arts:

From knee level to upright level combat, learning techniques for falling, attack and defense

Health & Fitness: Choosing and performing health-oriented exercises focusing on endurance, strength and mobility as well as coordination.

Class 9/10

Track & Field:

Perform athletic exercises and disciplines in different games and in competitive forms

Gymnastics:

Perform a gymnastic triathlon

Rhythm/Dance:

Consciously using rhythms to themes and shaping them through movement; vary, independently design and present, complex dance sequences (at least 32 beats)

Court Sports/Rebound sport:

Volleyball / Badminton / Table Tennis: play a court sport under regular conditions (2: 2, in volleyball 6: 6),

Example:

- using learned situational game skills
- watch the opponent's paths, anticipate defense positions, and be able to react

Target Games:

Play a target game under regular conditions (5: 5 to 11:11 depending on the sports game) (Soccer, Handball, Basketball, Speedball etc.)

Martial Arts:

Perform a practice match with simplified competition rules, extension and stabilization of known techniques

Health & Fitness: Choosing and performing health-oriented exercises focusing on endurance, strength and mobility as well as coordination.

Class 11/12

Track & Field:

Performing coordinatively demanding exercises and disciplines (such as hurdles, javelin, discus, triple jump) in different games and in competitive forms

Gymnastics:

Expand the repertoire of movements with selected apparatus and create a gymnastic triathlon

Gymnastics/Dance:

Independently solving movement-rhythmic and creative tasks in the field of improvisation, varying complex dance sequences (at least 64 beats), independently creating and presenting them,

Rebound Sport:

Volleyball / Badminton / Table Tennis under competitive conditions, with flexible use of individual and group tactics in coordination and conditional complexity of the movements

Target Games:

Play a target game under competitive conditions, with flexible use of individual and group tactics with coordinative and conditional complexity of the movements (soccer, handball, basketball, speedball, hockey, etc.)

Martial Arts:

Practice match with a high technical diversity

Health & Fitness:

Choosing and performing health-oriented exercises focusing on endurance, strength and mobility as well as coordination.