

Sample Year Plan - Program Breakdown
 (Number of lessons per year based on 40 weeks per year)

Year Level	Gymnastics	Basic Movement	Dance	Ball Handling	Games	Outdoor Adventure	Athletics	Aquatics	Sport/Sport Education	Total Lessons
Prep						-				
1/2										
3/4										
5/6										

Note:

- *Fundamental Motor Skills and Fitness Education are incorporated into all components of the Physical and Sport Education Program*

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Prep	40	40	40	40	30	-	-	10	-	200
1/2	40	10	40	40	40	10	10	10	-	200
3/4	30	-	30	35	25	20	20	10	30	200
5/6	25	-	25	35	25	15	25	10	40	200

Note:

- *Fundamental Motor Skills and Fitness Education are incorporated into all components of the Physical and Sport Education Program*