

APPENDIX 3

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*