



Prep Physical Education Journey

Senior School

Please Note:

Prep 6 are also introduced to Water Polo at the end of their swimming unit. This programme is designed to build confidence, competence, and enjoyment in sport, while supporting a smooth transition into Senior School PE.



Athletics



Basketball

Rugby (girls)



Gymnastics



Cross Country



Swimming

Hockey (boys)



Tennis



The curriculum for Prep 3-6 has a strong focus on individual sports, pupils have the opportunity to further develop their skills through co-curricular clubs.

Prep 3 to
Prep 6

Athletics



Striking and
Fielding



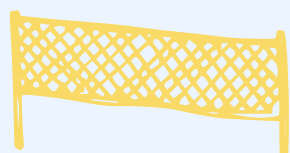
Swimming



Gymnastics-rolls,
balances and jumps



Net and Wall Games



Sending and
Receiving

KG to
Prep 2

KG-Year 2 is heavily focused on improving their fundamental movement skills