Broad General Education

ACTIVITY	COGNITIVE SKILLS	PERSONAL QUALITIES	PHYSICAL COMPETENCIES	PHYSICAL FITNESS
Fitness		Motivation Determination & resilience	Balance & control	Stamina, speed, core stability & strength, flexibility
Badminton	Decision making Focus and concentration		Skills (fine & gross motor) Spatial awareness Co-ordination & Fluency	Power
Rugby		Determination & resilience	Skills (fine & gross motor)	Core stability & strength
Basketball	Problem solving	Communication Responsibility & Leadership (boys – sports ed)	Skills (fine & gross motor) Spatial awareness	Speed endurance
Netball	Problem solving	Communication Responsibility & Leadership	Skills (fine & gross motor) Spatial awarenes	Speed endurance
Volleyball		Communication	Skills (fine & gross motor)	Power
Football	Problem solving	Communication	Skills (fine & gross motor) Spatial awareness	Stamina
Gymnastics	Creativity	Confidence and self-esteem	Skills (fine & gross motor) Balance & control	Flexibility Core stability & strength
Dance	Creativity	Confidence and self-esteem Responsibility & Leadership	Balance & control Co-ordination & Fluency Rhythm & Timing	Flexibility Core stability & strength
Athletics		Determination & resilience Motivation	Skills (fine & gross motor)	Stamina Speed Core stability & strength
Table Tennis	Focus and concentration Decision making		Skills (fine & gross motor) Co-ordination & Fluency	Speed
Hockey		Determination & resilience	Skills (fine & gross motor) Spatial awareness	Stamina
Social Dance		Confidence and self-esteem Respect & tolerance	Rhythm & Timing	
Softball / rounders / cricket			Skills (fine & gross motor)	Power
Cycling			Balance & control	Stamina