



P.E. Curriculum Grade 5/6

Sport	Contents	Skills
<p>AMG</p> <p>Track</p>	<p>General motor Skills</p> <ul style="list-style-type: none"> • Running Technique (Coordination and Reaction) • High Jump, Acceleration Speed, Starting Block Adjustment • 50m, 75m, and 100m Dash • Endurance for 10 minutes • Pendulum Relay • Long Jump (Standing Long Jump) • Throw: 80g, 200g from standing position/with run-up 	<p>The student can:</p> <ul style="list-style-type: none"> • Adhere to safety regulations and actively prevent accidents. • Transport and store equipment properly. • Transfer knowledge and movement sequences from and to other learning areas or leisure time. • Optionally lead simple athletics games. • Apply warm-up and cool-down methods. • Observe significant movement characteristics of sprint starts, long jumps, and shot put.
<p>Basketball</p>	<ul style="list-style-type: none"> • Passing and Catching while stationary and in motion • Two-handed contact, Parallel Stop • Dribbling from stationary and in motion • Running and Offering without the Ball • Shooting and Layup (both sides) after a single bounce • Modified Rule games (simplified rules) • Man-to-Man Defense • Small Group Games 	<p>The student can:</p> <ul style="list-style-type: none"> • Apply learned skills and tactical variations in the respective target sport appropriately and flexibly. • Apply basic game rules and observe their adherence. • Observe essential movement characteristics. • Act as a referee.

Gymnastics	<ul style="list-style-type: none"> • Running: forward, backward, curves, circles • Jumping: forward (backward) • Side Gallop: right and left, ½ turn • (Horse and step jump) • Ball handling in warm-up area • Rope: Rope Skipping (basic jumps + combinations) • Floor: <ul style="list-style-type: none"> ○ Forward Roll, Backward Roll, Cartwheel, Handstand, Handstand Roll (with assistant if necessary) • Horizontal Bar: <ul style="list-style-type: none"> ○ Forward Swing • Vault: <ul style="list-style-type: none"> ○ Kneeling on the Vaulting Box • Body Tension Exercises • Beam: Equipment Familiarization and Balance Exercises 	The student can: <ul style="list-style-type: none"> • Independently design and present routines, adhering to safety regulations and actively preventing accidents. • Optionally plan, conduct, and reflect on teaching sequences. • Develop and implement own movement ideas. • Utilize equipment arrangements for presentations effectively. • Observe and correct significant movement characteristics. • Apply exercises for posture training and improving flexibility under guidance. • Optionally assist and secure under supervision.
Swimming	The student can: <ul style="list-style-type: none"> • Swim continuously in one swimming style for 20 minutes. • Swim 50m swiftly. • Execute a turn at the pool edge. • Demonstrate another swimming style in a basic form. • Dive up to 10m deep and retrieve objects. • Perform jumps from the starting block or board (1m). • Engage in small games and relay races in the water. • Synchronize and coordinate movements (e.g., treading water). 	<ul style="list-style-type: none"> - Observe the movement sequences of the swimming styles - Check breathing during diving behavior

	<ul style="list-style-type: none"> • Describe the movements of swimming styles. • Describe the physical properties of water and its effects on the human body (buoyancy, water pressure, water resistance, temperature). • State safety rules for swimming pools. • List simple first aid measures. • Perform rescue swimming. 	
Volleyball	Introduction to Hand Positioning (Setting and Digging) Catching and Throwing	<p>The student can:</p> <ul style="list-style-type: none"> • Apply learned skills and tactical variations in the respective target sport appropriately and flexibly. • Apply basic game rules and observe their adherence. • Observe essential movement characteristics. • Act as a referee.
Handball	<ul style="list-style-type: none"> • Passing and Catching while stationary and in motion • Core Shot, Jump Shot • Split Step • Man-to-Man Defense The student can: • Apply learned skills and tactical variations in the respective target sport appropriately and flexibly. • Apply basic game rules and observe their adherence. • Observe essential movement characteristics. • Act as a referee. 	<p>apply the skills and tactics they have learned flexibly and appropriately in the respective target game</p> <ul style="list-style-type: none"> - Apply simple rules of the game and observe compliance with them - Observe key movement characteristics - Act as a referee

P.E. Curriculum Grade 7/8

Sports

Contents

Skills

Track	Running technique (coordination and reaction), high jump, initial speed, starting block setup for the 50m, 75m, and 100m dash, as well as endurance training for 20 minutes. Pendulum relay and lap relay. Long jump, especially standing long jump. Throwing techniques with 80g and 200g weights, both standing and with a run-up.	The student should be able to: <ul style="list-style-type: none"> • Adhere to safety regulations and accident prevention. • Transport and store equipment safely. • Transfer movement sequences to other areas. • Organize and conduct class units and exercises using media. • Apply methods for endurance training. • Observe and correct movement sequences, including sprint starts, long and high jumps, as well as throwing techniques.
Volleyball	<ul style="list-style-type: none"> • Pritschen from the front • Digging after a set (over the magic line) • Task from below • Game 2:2 (at least 2 contacts in own field) • Game with simplified rules Basic techniques: Organize and conduct lesson parts/exercise sequences according to predefined criteria using media	<ul style="list-style-type: none"> • Apply game rules and observe their compliance • Describe and observe game actions and skills • Act as a referee
Basketball	<ul style="list-style-type: none"> - Passing and catching while stationary and in motion - Two-player contact, parallel stop Dribbling from a stationary position and while in motion - Making runs and offering support without the ball 	<ul style="list-style-type: none"> - Continuation - organizing and conducting segments of sessions - exercises based on given criteria using media - Applying game rules and observing their adherence

	<ul style="list-style-type: none"> - Shooting from position and layups (on both sides) after one bounce - Small-sided games → games with simplified rules / Man-to-man defense - Small group games, team tactics 	<ul style="list-style-type: none"> - Describing and observing game actions and skills - Acting as a referee
Gymnastics	<p>Floor: Mandatory exercise Parallel bars: Swings, turns, transitions, rolls</p> <p>Vault: Squat across and lengthwise, or kneel on the longitudinal vault (2 vaults placed one behind the other for safety)</p> <p>Horizontal bar: Consolidation and expansion of the routine (underswing from support, squat, cast, forward hip circle)</p> <p>Parallel bars: Consolidation and expansion (dip swings and casts) Floor: Consolidation and expansion (handstand roll, cartwheel, backward roll through fleeting handstand)</p>	<ul style="list-style-type: none"> • Observe and correct movement sequences based on technical criteria • Apply exercises for posture training and improving flexibility under guidance • Assist and spot under supervision
Swimming	<p>In two swimming styles:</p> <ul style="list-style-type: none"> • Swim continuously for 30-35 minutes • Swim 100 meters confidently and swiftly • Execute quick turns Dive at least 10 meters deep to retrieve objects and bring them to the surface within a time limit Start block jumps Small games Lifesaving swimming 	<ul style="list-style-type: none"> • Organize (small games, competitions, relay races) and manage game, exercise, and competition situations appropriately • Observe and correct movement sequences of swimming styles according to technical criteria • Control and regulate breathing during diving, orient oneself visually
Handball	<p>Passing and catching while stationary and in motion Core throw, jump shot Split step Man-to-man defense</p>	<ul style="list-style-type: none"> • Organize and conduct segments of lessons/exercise sequences according to given criteria using media • Apply game rules and observe their adherence • Describe and observe game actions and skills • Act as a referee
Soccer	<p>Basic techniques, keeping the ball low Small group games</p>	<ul style="list-style-type: none"> • Organize and conduct segments of lessons/exercise sequences according to given criteria using media

		<ul style="list-style-type: none"> • Apply game rules and observe their adherence • Describe and observe game actions and skills • Act as a referee
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P.E. Curriculum Grade 9/10

Sport	Content	Skill
Track	Running technique (coordination and reaction), High, acceleration speed, starting block setup 50m, 75m, and 100m dash Endurance: 25 minutes Shuttle relay, lap relay Long jump (standing long jump) Throwing: 80g, 200g from standing/with run-up Hurdle race	<ul style="list-style-type: none"> • Plan, organize, and evaluate targeted practice in groups using media, • Utilize stress methods for targeted performance improvement, • Observe and correct movement sequences of athletic disciplines in oneself and others, • Assess the health potentials of athletic disciplines, • Act according to competition rules.
Soccer	Extension of basic techniques Individual, group, and team tactics	<ul style="list-style-type: none"> • Apply game rules and observe their compliance • Observe, assess, and correct game performances • Act as a referee
Handball	Expansion of basic techniques from 7/8 Space defense, pivot, Substitution	<ul style="list-style-type: none"> • Plan and organize lesson segments/exercise sequences utilizing self-selected media • Apply game rules and observe their adherence • Observe, assess, and correct game performances • Serve as a referee
Gymnastics	Floor: Mandatory exercise Parallel Bars: Swings, turns, pivot, roll Vault: Squat across and along or	<ul style="list-style-type: none"> • Evaluate and assess exercise connections based on given criteria

	<p>kneeling on the longitudinal vault (2 vaults placed behind each other for safety)</p> <p>High Bar: Strengthening and expansion of the routine (underswing from support, squat, kip, front hip circle)</p> <p>Parallel Bars: Strengthening and expansion (support swings and kips)</p> <p>Floor: Strengthening and expansion (handstand forward roll, cartwheel, backward roll through fleeting handstand)</p>	<ul style="list-style-type: none"> • Independently apply exercises for posture training and improving flexibility • Independently assist and do so safely
Volleyball	<p>Review from grades 7/8</p> <p>Setting in variable forms (Front setting, directional setting, Distance setting (Long - Short), Longline setting)</p> <p>Digging from the pass</p> <p>Ball reception or defense through digging</p> <p>Target tasks</p> <p>Attack: Targeted setting into the opposing field, leading to spiking</p> <p>Distribution of tasks between front/back players</p>	<ul style="list-style-type: none"> • Plan and organize lesson segments/exercise sequences utilizing self-selected media • Apply game rules and observe their adherence • Observe, assess, and correct game performances • Act as a referee
Swimming	<p>In the swimming styles butterfly, breaststroke, backstroke, or freestyle</p> <ul style="list-style-type: none"> • Swim continuously for at least 30 minutes • Swim 200 meters fast in both breaststroke and backstroke • Swim 50 meters confidently in freestyle <p>Dive up to 15 meters</p> <p>Perform elements of water rescue:</p> <ul style="list-style-type: none"> • Self-rescue measures • Towing and carrying techniques • Rescue of injured individuals from the water • Escape from grips <p>Explain technical features of swimming styles (e.g., propulsion and pull movements, breathing rhythm)</p> <p>Explain hydrodynamic body</p>	<ul style="list-style-type: none"> • Control and regulate breathing during diving behavior, orient oneself by sight and sound • Select appropriate measures for self and assisted rescue according to the situation

	<p>positions to reduce resistance List and describe techniques for self and assisted rescue Identify, assess, and avoid hazards in aquatic environments Water Polo</p>	
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P.E. Curriculum Grade 11/12

Sport

Content

Skill

Track	<p>Running technique (coordination and reaction), High jump, acceleration speed, starting block setup 50m, 75m, and 100m dash Endurance: 30 minutes Shuttle relay, lap relay Long jump (seated long jump) Throwing: 80g, 200g from standing/with run-up Hurdle race</p>	<ul style="list-style-type: none"> • Independently plan and conduct teaching sequences, • Select and independently perform exercises aimed at developing endurance, strength, and flexibility, • Assess and evaluate the health benefits and injury risks of athletic disciplines, • Independently plan, conduct, and evaluate athletic competitions.
Volleyball	<p>Setting in various forms (Front setting, directional setting, Distance setting (Long – Short), Longline setting) Digging from the pass Ball reception or defense through digging Target tasks Attack: Targeted setting into the opposing field, leading to spiking Assignment distribution: Front/back players</p>	<ul style="list-style-type: none"> • Independently plan, conduct, and reflect on teaching sequences • Act as a referee • Perceive and correct deficiencies in gameplay through self and peer observation
Basketball	<p>Passing and catching while stationary and in motion Two-touch, parallel stop Dribbling while stationary and in motion Off-ball movement and offering without the ball</p>	<ul style="list-style-type: none"> • Independently plan, execute, and reflect on teaching sequences • Act as a referee • Identify and correct flaws in gameplay through self and peer observation

	<p>Positional shooting and layups (both sides) after a single bounce Team ball games → games with simplified rules</p> <p>Man-to-man defense</p> <p>Small group games, team tactics, Continuation</p>	
Swimming	<ul style="list-style-type: none"> • Swim continuously for at least 30 minutes • Swim 200 meters fast in both breaststroke and backstroke • Swim 50 meters confidently in freestyle Dive up to 15 meters Perform elements of water rescue: <ul style="list-style-type: none"> • Self-rescue measures • Towing and carrying techniques • Rescue of injured individuals from the water • Escape from grips • Explain technical features of swimming styles (e.g., propulsion and pull movements, breathing rhythm) Explain hydrodynamic body positions to reduce resistance List and describe techniques for self and assisted rescue Identify, assess, and avoid hazards in bodies of water 	<ul style="list-style-type: none"> • Control and regulate breathing during diving behavior, orient oneself by sight and sound • Select appropriate measures for self and assisted rescue according to the situation
Soccer	<ul style="list-style-type: none"> • Passing in game-like situations Dribbling with both feet, possibly with feints • Variations of shooting on goal in game-like situations • Header • Appropriate behavior in the game, possibly up to 11 vs 11 • Behavior during set pieces (e.g., throw-ins, free kicks) • Shifting the play • Pressuring before, during, and after receiving the ball • Appropriate behavior in set-piece situations 	<ul style="list-style-type: none"> • Independently plan, conduct, and reflect on teaching sequences • Act as a referee • Identify and correct deficiencies in gameplay through self and peer observation
Health and Fitness	<ul style="list-style-type: none"> • Engage in endurance exercise within a health-enhancing range for 30-40 minutes (e.g., aerobic exercise) 	<ul style="list-style-type: none"> • Independently plan, conduct, and reflect on health-oriented fitness exercises

	<ul style="list-style-type: none">• Select and independently perform health-oriented endurance, strength, and flexibility exercises with specific goals• Independently select and solve coordinative tasks• Independently perform targeted psychoregulatory techniques for stress management under guidance• Apply techniques of new health-oriented sports and relaxation methods as a general practice• Describe the effects of sports and physical activity on individual well-being and their influencing factors <ul style="list-style-type: none">• Describe• Evaluate based on theory for oneself and others	<ul style="list-style-type: none">• Independently conduct fitness tests to assess individual health status and analyze results• Understand and utilize relaxation exercises for stress management• Prepare, present, and apply subject-specific knowledge in interdisciplinary contexts
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