

DIATHEMATIKON PROGRAMMA
CROSS-THEMATIC CURRICULUM FRAMEWORK
FOR PHYSICAL EDUCATION

1. Teaching/learning aim

The aim of teaching Physical Education in Elementary and Junior High school is to assist the pupils' physical, affective and cognitive development and their smooth and successful integration in society. Special emphasis should be placed on the improvement of pupils' physical abilities and health through exercise.

2. Content Guiding Principles, General Goals, Indicative Fundamental Cross-thematic Concepts

I. Primary school

Grade	Content Guiding Principles	General Goals (Knowledge, skills, attitudes, values)	Indicative Fundamental Cross-thematic Concepts
1 st 2 nd	<p>Psychomotor</p> <p>Sense of space and time</p> <p>Visual-motor timing and co-ordination</p> <p>Static–dynamic balance</p> <p>Lateral movement</p>	<p>Pupils should:</p> <p>develop perceptive skills, including kin-aesthetic, visual, acoustic and tactile skills, as well as visual-motor co-ordination skills;</p> <p>develop simple kinetic adaptive skills;</p> <p>become familiar with their body through physical activity;</p> <p>satisfy their need for physical activity.</p>	<p>Space-Time</p> <p>Individual-Team</p> <p>Similarity-Difference</p>

	<p>Body posture</p> <p>Imagination and creativity</p>		
	<p>Dance-Music Education</p> <p>The features of rhythm. (time, space, power and form)</p> <p>Sound Intensity (Rhythmic response to songs through dance)</p>	<p>be introduced to elements of rhythm and movement;</p> <p>develop non verbal communication skills: expressive movement, creative movement;</p> <p>develop their imagination and creativity;</p> <p>express themselves through physical activity.</p>	<p>Space-Time</p> <p>Similarity-Difference</p> <p>Sound</p> <p>Change</p>
	<p>Games</p> <p>Individual-team, traditional, free and structured games</p>	<p>become familiar with the concepts of individual and team;</p> <p>learn to observe the rules in games;</p> <p>develop team spirit, self-discipline, respect for others and communication skills;</p> <p>be introduced to traditional games;</p> <p>develop simple motor skills;</p> <p>develop a positive attitude towards virtues, such as honesty, justice and respect for the opponent.</p>	<p>Space-Time</p> <p>Individual-Team</p> <p>Similarity-Difference.</p>
	<p>Traditional Greek dances</p>	<p>explore elements of the Hellenic popular tradition, such as rhythm, movements, mu-</p>	<p>Tradition</p> <p>Culture</p>

	<p>Syrtos in three Fast hassapiko Ai-Yiorgis Local dances</p>	<p>sic, songs, and customs; acquire knowledge of traditional Hellenic dances, music and songs from different parts of Greece; develop perceptive skills, including kin-aesthetic, visual, acoustic and tactile skills, as well as visual-motor co-ordination skills; learn to appreciate the aesthetic elements of movement.</p>	<p>Individual-Team Communication Interaction</p>
	<p>Swimming, where facilities allow</p>		
<p>3rd 4th</p>	<p>Psychomotor (Motor skills, Fitness) Gymnastics</p>	<p>develop social and personal virtues such as: co-operation, team spirit, self-discipline, strong will, responsibility, patience, perseverance and courage; develop perceptive skills, including kin-aesthetic, visual, acoustic and tactile skills, as well as visual-motor co-ordination skills; develop simple motor adaptive skills and complex motor adaptive skills; improve their performance: speed, flexibility and agility; develop non verbal communication skills: expressive movement, creative movement.</p>	<p>Space-Time System Organization (Balance Symmetry) Similarity- Difference Change Development- Growth</p>

	<p>Dance-Music Education</p> <p>Songs and exercises with small percussion instruments accompaniment</p> <p>Different ways of performing basic movements using body parts</p> <p>Floor exercises with rhythmic blows accompaniment</p> <p>Rhythmic patterns</p> <p>Motor improvisation</p>	<p>explore elements of rhythm and movement;</p> <p>express themselves through song and dance;</p> <p>improve their motor skills;</p> <p>develop simple motor adaptive skills;</p> <p>develop non verbal communication skills: expressive movement, creative movement;</p> <p>develop their imagination and creativity;</p> <p>acquire a sense of space through body movement;</p> <p>improvise using body movement.</p>	<p>Space-Time</p> <p>Similarity-Difference</p> <p>Sound</p> <p>Change</p> <p>Interaction</p>
	<p>Games</p> <p>Individual-team, traditional, free and structured games</p>	<p>learn to observe and respect the rules;</p> <p>develop team spirit, self-discipline, respect and communication skills;</p> <p>learn to respect and appreciate each player's contribution to the game;</p> <p>be introduced to traditional games;</p> <p>be introduced to games from other coun-</p>	<p>Space-Time</p> <p>System</p> <p>(Organization-Balance)</p> <p>Similarity-Difference</p> <p>Individual-Group</p> <p>Change</p> <p>Interaction</p> <p>(Collaboration-</p>

		<p>tries and compare them with Greek games;</p> <p>develop their imagination;</p> <p>develop a positive attitude towards virtues, such as honesty, justice, respect for the opponent, prudent acceptance of victory and defeat;</p> <p>develop simple motor skills;</p> <p>be motivated to take initiatives;</p> <p>improve their performance by improving their speed, flexibility and agility;</p> <p>realize the importance of participation in games.</p>	<p>Team spirit- Interdependence)</p>
	<p>Initiation to structured games and athletics techniques</p> <p>Games</p> <p>Football</p> <p>Basketball</p> <p>Volleyball</p> <p>Handball</p> <p>Athletics</p> <p>Running races</p> <p>Jumps</p>	<p>improve their motor skills (catching, walking, jumping, balancing, and climbing);</p> <p>be initiated to the sports that will be taught about in the next classes;</p> <p>learn to observe and respect the rules;</p> <p>realize the value of life-long exercise and its positive effects on body and mind;</p> <p>realize the importance of acquiring athletic habits for amateur pursuit.</p>	<p>Space-Time Individual-Team Similarity-Difference Change Interaction</p>
	<p>Traditional Greek dances</p> <p>Karagkouna</p> <p>Palamakia</p>	<p>acquire knowledge of traditional Greek dances, music and songs from different parts of Greece;</p>	<p>Tradition Culture Individual-Group</p>

	Podaraki Syrtos of the islands Tsakonikos Local dances	explore elements of the Hellenic popular tradition; become familiar with the Hellenic cultural tradition; learn to appreciate the aesthetics of movement.	Communication Interaction
	Swimming, where facilities allow		
5th 6th	Games Basketball Volleyball Football Handball	develop complex motor skills and sophisticated motor skills; improve their performance by improving their speed, flexibility, and agility; become familiar with the rules of various sports and games; acquire knowledge of the history of the Olympic games and sports; learn the basics of healthy eating, personal hygiene and first aids; develop a positive attitude towards social and personal virtues, such as collaboration, team spirit, self-discipline, strong will, responsibility, patience, perseverance and courage.	Individual-team System Organization- Balance- Law Similarity- Difference Equality Change Interaction Collaboration- Team spirit
	Athletics Athletic activities Running races Jumping	become familiar with and understand basic techniques in running, jumping and throwing;	Space-Time Similarity- Difference Equality

	<p>Throwing</p>	<p>improve their performance in athletic activities by improving their speed, flexibility and agility;</p> <p>develop self-discipline, patience, perseverance, courage and strong will;</p> <p>learn to appreciate the importance of contest and the value of participation;</p> <p>learn to appreciate and respect the effort of the opponent.</p>	<p>Interaction Collaboration Team spirit</p>
	<p>Gymnastic activities Free gymnastic activities Artistic Gymnastics Rhythmic Gymnastics</p>	<p>improve their kinesthetic, visual and tactile skills and their co-ordination skills;</p> <p>develop athletic skills: complex athletic skills sophisticated athletic skills;</p> <p>develop self-discipline, patience, perseverance, courage and strong will.</p>	<p>Space-Time System (Structure-Classification-Organization-Balance-Symmetry) Change Communication</p>
	<p>Traditional Greek dances Kalamatianos Tik Tsamikos Enteka Pentozali Zonaradikos Local dances</p>	<p>acquire knowledge of traditional dances, music and songs from different parts of Greece;</p> <p>explore elements of rhythm, movement, music and song;</p> <p>become familiar with elements of the Hellenic popular tradition;</p> <p>learn to appreciate the value of Hellenic cultural heritage;</p>	<p>Tradition Culture Individual-Team Communication Interaction</p>

		learn to appreciate the aesthetics of movement.	
	Swimming, where facilities allow		

II. Junior High school

Grade	Content Guiding Principles	General Goals (Knowledge, skills, attitudes and values)	Indicative Fundamental Cross-thematic Concepts
1st	Games Volleyball Basketball Football	<p>Pupils should:</p> <p>become familiar with and understand basic techniques in games that are popular in Greece, in order to discover which ones they like or which ones suit them more;</p> <p>become familiar with the rules of various sports;</p> <p>respect the right of equal participation of all players in the game;</p> <p>develop complex motor skills, sophisticated motor skills;</p> <p>improve their performance by improving their strength, speed, endurance, flexibility, and agility;</p> <p>maintain physical health and have a sense</p>	Individual-Team System (Structure-Classification-Organization-Balance-Law) Similarity-Difference Equality Change Interaction Collaboration Team spirit Dependence Energy

		<p>of well being;</p> <p>learn the basics of hygiene and first aids;</p> <p>realize the importance of rules in the game;</p> <p>develop social and personal virtues, such as collaboration, team spirit, self-discipline, strong will, responsibility, patience, perseverance and courage.</p>	
	<p>Athletics</p> <p>Sprints</p> <p>Long distance running</p> <p>Relay</p> <p>Long jump</p> <p>Triple jump</p> <p>High jump</p> <p>Shot-putting</p> <p>Javelin</p> <p>Performance</p>	<p>become familiar with understand techniques specific to different athletic activities;</p> <p>improve their performance by improving their endurance, strength, speed, flexibility and agility;</p> <p>develop self-discipline, patience, perseverance, courage and strong will;</p> <p>learn to appreciate the value of participation in sports activities;</p> <p>acquire knowledge of ancient Greek athletic events.</p>	<p>Space-Time</p> <p>Similarity-Difference</p> <p>Equality</p> <p>Change</p> <p>Interaction</p> <p>Collaboration</p> <p>Team spirit</p> <p>Dependence</p> <p>Energy</p>
	<p>Gymnastics</p> <p>Artistic Gymnastics</p> <p>Rhythmic Gymnastics</p>	<p>improve their kinesthetic, visual, acoustic and tactile skills and their co-ordination skills;</p> <p>develop increasingly complex motor skills;</p>	<p>Space-Time</p> <p>System</p> <p>Structure</p> <p>Balance</p> <p>Change</p> <p>Communication</p>

		develop self-discipline, patience, perseverance, courage and strong will.	Interaction Similarity- Difference
	Traditional Greek dances Makelarikos Syrtos Kalamatianos One local dance	acquire knowledge of traditional dances, music and songs from different parts of Greece; develop their perceptual skills, including kinesthetic, visual and acoustic and their co-ordination skills; develop simple adaptive skills and complex adaptive skills; explore elements of rhythm, movement, music, song and customs of the Hellenic popular tradition; learn to appreciate the aesthetics of movement.	Tradition Culture Art Individual-Group Communication Interaction Collaboration Team spirit
	Swimming, where facilities allow		
2nd	Games Volleyball Basketball Football Handball	realize the meaning of 'fair play'; realize the positive short and long-term effects of exercise on body and mind; improve their performance by improving their strength, speed, endurance, flexibility, and agility; become familiar with and learn to observe	Individual-Team System Similarity-Difference Equality Change Interaction Collaboration Team spirit

		<p>the rules of different games;</p> <p>acquire knowledge of the history of Olympic games and sports;</p> <p>discover which sport suits them best for amateur or championship pursuit (outside the school context);</p> <p>develop a positive attitude towards social and personal virtues, such as collaboration, team spirit, self-discipline, strong will, responsibility, patience, perseverance, and courage.</p>	
	<p>Athletics</p> <p>Sprints</p> <p>Long distance running</p> <p>Relay</p> <p>Long jump</p> <p>Triple jump</p> <p>High jump</p> <p>Shoot-putting</p> <p>Javelin</p> <p>Performance</p>	<p>become familiar with and understand the techniques of recognized athletic activities;</p> <p>test their skills in athletic activities in order to realize their potential;</p> <p>develop self-discipline, patience, perseverance, courage and strong will;</p> <p>learn to appreciate the value of participation in the game;</p> <p>Understand the difference between amateur and championship pursuit in sports.</p>	<p>Space-Time</p> <p>Similarity-Difference</p> <p>Equality</p> <p>Change (Development-Growth)</p> <p>Interaction</p> <p>Collaboration</p>
	<p>Gymnastics</p> <p>Artistic Gymnastics</p> <p>Rhythmic gym-</p>	<p>improve their kinesthetic, visual, acoustic and tactile skills and their co-ordination skills;</p>	<p>Space-Time</p> <p>System</p> <p>Structure-Classification-</p>

	nastics	<p>develop increasingly complex motor skills;</p> <p>develop their imagination and creativity;</p> <p>acquire the basics of first aids;</p>	<p>Organization- Balance- Symmetry)</p> <p>Communication</p>
	<p>Traditional Greek dances</p> <p>(Consolidate their knowledge of dances learnt in previous grade levels)</p> <p>Samarina</p> <p>Tsamikos</p>	<p>develop their dancing skills;</p> <p>learn to appreciate harmony, rhythm, symmetry, and the aesthetics in movement;</p> <p>acquire knowledge of traditional dances, music and songs from different parts of Greece;</p> <p>become familiar with and appreciate the Hellenic popular tradition and cultural heritage;</p> <p>refine their knowledge of music and songs of traditional dances.</p>	<p>Tradition Culture Art Individual- group Communication Interaction Collaboration Team spirit</p>
	<p>Swimming,</p> <p>where facilities allow</p>		
3rd	<p>Games</p> <p>Volleyball</p> <p>Basketball</p> <p>Handball</p>	<p>discover which game suits them best for amateur or championship pursuit (outside the school context);</p> <p>realize the importance of respect for the opponent and for human dignity;</p> <p>learn how to be modest in victory and</p>	<p>Individual- Team System (Structure- Classification Organization- Balance- Law)</p>

		<p>humble in defeat;</p> <p>become aware of the democratic way of resolving conflict;</p> <p>critically appraise negative aspects of sports and the Olympic Games (doping, racism, violation of human rights etc);</p> <p>realize the need for life-long exercise and its positive effects on various body systems;</p> <p>realize the importance of healthy eating;</p> <p>be encouraged to take initiatives and be responsible;</p>	<p>Change</p> <p>Interaction</p> <p>Collaboration</p> <p>Team spirit</p> <p>Energy</p>
	<p>Athletics</p> <p>Sprints</p> <p>Long distance running</p> <p>Relay</p> <p>Long jump</p> <p>Triple jump</p> <p>High jump</p> <p>Shoot-putting</p> <p>Javelin through Performance</p>	<p>become familiar with and understand the techniques of specific athletic events;</p> <p>discover which activity they prefer and take it up later for amateur or championship pursuit;</p> <p>develop self-discipline, patience, perseverance, courage and strong will;</p> <p>appreciate the importance of competition and the value of participation.</p>	<p>Space-Time</p> <p>Change</p> <p>(Development-Growth)</p> <p>Interaction</p> <p>Collaboration</p> <p>Energy</p>
	<p>Gymnastics</p> <p>Artistic Gymnastics</p> <p>Rhythmic Gymnastics</p>	<p>Improve and refine their performance in gymnastic activities they were introduced to in previous grade levels;</p> <p>develop self-discipline, patience, perse-</p>	<p>Space-Time</p> <p>System</p> <p>(Structure-Balance-Symmetry)</p>

		<p>verance, courage and strong will;</p> <p>develop friendly relationships and collaboration with their partners and opponents.</p>	<p>Change</p> <p>Communication</p> <p>Interaction</p> <p>Similarity-Difference</p>
	<p>Traditional Greek dances</p> <p>Revise and refine their knowledge of dances from grades 1 and 2</p> <p>Pentozali</p> <p>Tik</p>	<p>develop and refine their dancing skills;</p> <p>learn to appreciate harmony, rhythm, symmetry, and the aesthetics of movement;</p> <p>acquire knowledge of traditional dances, music and songs from different parts of Greece;</p> <p>become familiar with and appreciate the Hellenic popular tradition and cultural heritage;</p> <p>become familiar with and acquire knowledge of elements of music and songs of traditional dances.</p>	<p>Tradition</p> <p>Culture</p> <p>Art</p> <p>Individual-Team</p> <p>Communication</p> <p>Interaction</p> <p>Collaboration</p> <p>Team spirit</p>
	<p>Swimming,</p> <p>where facilities allow</p>		