

SWIMMING

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| Grade 5 | Physical and Health Education Physical Fitness: improve their fitness levels by participating in sustained moderate to vigorous physical activity |
| Grade 6 | Physical and Health Education Physical Fitness: improve their fitness levels by participating in sustained moderate to vigorous physical activity |
| Grade 7 | Physical and Health Education Physical Fitness: improve their fitness levels by participating in sustained moderate to vigorous physical activity |
| Grade 8 | Physical and Health Education Physical Fitness: improve their fitness levels by participating in sustained moderate to vigorous physical activity |
| Grade 9 | Physical and Health Education Physical Fitness: improve their fitness levels by participating in sustained moderate to vigorous physical activity |
| Grade 10 | Physical and Health Education Physical Fitness: improve their fitness levels by participating in sustained moderate to vigorous physical activity |
| Grade 11 | Physical and Health Education Physical Fitness: improve their fitness levels by participating in sustained moderate to vigorous physical activity |
| Grade 12 | Physical and Health Education Physical Fitness: improve their fitness levels by participating in sustained moderate to vigorous physical activity |