

Objective	Milestone Indicators	Basic Activities	Advanced Activities	Deep Activities	Resources
To develop practical skills in order to participate, compete and lead a healthy lifestyle.	<p>Milestone 2</p> <p>Follow the rules of the game and play fairly.</p> <p>Milestone 3</p> <p>Work alone, or with team mates in order to gain points or possession.</p>	Children to play a game of Harpastum in teams of five. Remind children of the rules of the game and encourage them to think about how they can get the ball to stay on their side of the pitch.	What did you enjoy about this game? Was there any aspect of the game that you didn't like? Why?	Historians are not sure what the rules of Harpastum were although they do know that there were two teams and that they had to keep the ball on their side of the court. Ask children to devise a game with these rules. Children can adapt it in whatever way they wish, e.g. only being allowed to use your hands, only having one player from your team on the other side of the pitch, scoring a point when you get the ball to a certain part of the pitch (e.g. a centre circle) etc.	<p>Slides</p> <p>Balls</p> <p>Stopwatches</p>