PHYSICAL EDUCATION OVERVIEW
TERM TWO, 2016

The following is an overview of the Physical Education skills which students from Pre Primary to Year Six will cover in Term Two.

Pre Primary
- The Perceptual Motor Program (PMP) has children working through a sequence of experiences to develop perception and motor outcomes along with memory training. It aims to develop, through movement, motor skills that are related to the child’s own needs, in the areas of eye/hand, eye/foot coordination, locomotion, balance and fitness.
- Physical Fitness: Endurance, mobility, flexibility and strength are the focus to develop physical fitness in preparation for the Cross Country carnival in Term Two.
- Ball sports: Foot-eye coordination skills will be developed to control a ball with the feet in a variety of physical activities including stopping and fielding, kicking and dribbling a ball.

Year One/Two
- Movement with ropes: Leaping, jumping and skipping over ropes will be practised to extend the movement, agility/control, coordination, flexibility, endurance and fitness of the children.
- Physical Fitness: Endurance, mobility, flexibility and strength are the focus to develop physical fitness in preparation for the Cross Country carnival in Term Two.
- Ball sports: Foot-eye coordination skills such as stopping and fielding, kicking at a target and dribbling a ball with the focus on control, will be developed through a variety of activities. Students will play modified soccer games to practice these skills.

Year Three
- Physical Fitness: Endurance, mobility, flexibility and strength are the focus to develop physical fitness in preparation for the Cross Country carnival in Term Two.
- Ball sports: Hand-eye coordination skills such as shooting, dribbling and lay ups are essential to playing basketball. Students will play modified basketball games to practise these skills.
- Ball sports: Foot-eye coordination skills such as stopping and fielding, kicking at a target and dribbling a ball with the focus
on control, will be developed through a variety of modified soccer games.

**Year Four/Five/Six**

- **Physical Fitness**: Endurance, mobility, flexibility and strength are the focus to develop physical fitness in preparation for the Cross Country carnival in Term Two.
- **Ball sports**: Foot-eye coordination skills and passing, catching and evasion techniques will be practised through various rugby drills and modified games of league tag (touch rugby).
- **Ball sports**: Hand-eye coordination skills will be developed through throwing and catching skills appropriate to netball. Students will practise correct techniques to pivot, defend and shoot goals.
- **Ball sports**: Sofcrosse requires the skills to cradle, pass, catch and throw a ball using a stick. Students will practise these skills through drills and modified games of sofCrosse.