

PHYSICAL EDUCATION OVERVIEW

TERM THREE, 2018

The following is an overview of Physical Education skills which Kindy to Year Six students will consolidate during sport sessions in Term Three.

Kindy

- The Movement Starters Program has children participating in a range of activities which incorporate balance, locomotion and body image to involve children in a range of movement explorations.

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.
- Ball sports: Hand/eye coordination skills will be developed to control large balls through a variety of skills and games.
- Body conditioning: Upper body posture and balancing skills will be developed through challenges and balance games.

Year One/Two

- Ball sports: Hand/eye coordination skills will be developed to control large balls through a variety of skills and games.
- Physical Fitness: Endurance, mobility, flexibility and strength will be developed through challenges and circuit training.

Year Three/Four

- Ball sports: Hand/eye coordination skills will continue to be developed through a variety of ball games. Students will play modified games of netball, with the skill focus on passing, catching, shooting and pivoting.
- Ball sports: Throwing and catching using small and large balls will be practiced through a range of team games in preparation for the Interhouse and Interschool Athletics Carnivals.
- Movement: Skills related to track and field events will be developed in preparation for the Athletics Carnival in Term Three. Students will learn and practice turbojav and long jump while also developing running techniques for 100m, 200m and 400m events.

Year Five/Six

- Ball sports: Hand/eye coordination skills will continue to be developed through a variety of ball games. Students will play netball, with the skill

focus on passing, catching, shooting, pivoting and game play in preparation for the ASCS Carnival.

- Ball sports: Throwing and catching using small and large balls will be practised to play a range of team games in preparation for the Interhouse and Interschool Athletics Carnival.
- Movement: Skills related to track and field events will be developed in preparation for the Athletics Carnival in Term Three. Students will consolidate shotput, turbojav and long jump while also developing running techniques for 100m, 200m and 400m events.
- Ball sports: Foot/eye and hand/eye coordination skills such as drop punts, marks, handballs and tackling will be developed through a variety of modified AFL games in preparation for the ASCS Carnival.