

## PHYSICAL EDUCATION OVERVIEW

### TERM ONE, 2020

The following is an overview of the Physical Education skills students from Kindy to Year Six will cover during sport sessions in Term One.

#### Kindy

- Movement: Through a range of spatial awareness games, students will practise simple fundamental movement skills, such as running, hopping, jumping, and galloping.
- Demonstrate a willingness to participate in energetic physical activities including movement and games.

#### 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. Through movement, it aims to develop motor skills that are related to the child's own needs, in the areas of eye/hand, eye/foot coordination, locomotion, balance and fitness.
- Movement: Through a variety of games, students will practise simple locomotor movements, including running, hopping, jumping, skipping and galloping.
- Ball sports: Hand/eye coordination will be developed through the manipulation of beanbags and small balls in a variety of activities and games.

#### Year One/Two

- Movement: Through a variety of games, students will practise simple locomotor movements which include running, skipping, dodging, leaping and jumping.
- Ball sports: Hand/eye coordination will be developed through the manipulation of beanbags and balls in modified games of basketball.
- Ball sports: Hand/eye coordination skills will be developed through a variety of bat and ball games, including cricket and golf (Year Two). Bowling, batting, fielding, putting and driving will be developed through skill sessions and modified games.

#### Year Three/Four

- Movement: Through a variety of games, students will consolidate locomotor movements, which include running, skipping, dodging, leaping and jumping.

- Ball sports: Hand/eye coordination skills will be developed through a variety of bat and ball games, including cricket and golf. Bowling, batting, fielding, putting and driving will be developed through skill sessions and modified games.
- Ball sports: Hand/eye coordination skills will be developed through a range of drills and games which include passing, dribbling and shooting in modified games of basketball.

#### Year Five/Six

- Ball sports: Hand/eye coordination skills will be developed through a variety of bat and ball games, including cricket and golf. Bowling, batting, fielding, putting and driving will be developed through skill sessions and game play.
- Ball sports: Hand/eye coordination will be developed through skill sessions and game play to include passing, dribbling and shooting in games of European handball and basketball.

