

PHYSICAL EDUCATION OVERVIEW

TERM THREE, 2020

The following is an overview of Physical Education skills which Kindy to Year Six students will cover 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 team games.
- Cooperation with others, including partners and teams, is vital when participating in physical activities. Students will practise positive behaviours especially when playing team games.
- Ball sports: Foot-eye coordination skills to control a ball will be developed through a variety of physical activities including stopping and fielding, kicking and dribbling a ball. Students will play modified soccer games to practice these skills.

Year One

- Ball sports: Hand/eye coordination skills will be developed to control large balls through a variety of skills and team games.
- Physical Fitness: Endurance, mobility, flexibility and strength will be developed through challenges and circuit training.
- Ball sports: Foot-eye coordination skills to control a ball will be developed through a variety of physical activities including stopping and fielding, kicking and dribbling a ball. Students will play modified soccer games to practice these skills.
- Cooperation with others, including partners and teams, is vital when participating in physical activities. Students will practise positive behaviours and fair play especially when playing team games.

Year Two

- Ball sports: Foot/eye and hand/eye coordination skills such as drop punts, marks, and handballs will be developed through a variety of modified AFL games.

- Cooperation with others, including partners and teams, is vital when participating in physical activities. Students will practise positive behaviours and understand the importance of rules and fair play especially when playing team games.
- Ball sports: Hand/eye coordination skills will be developed to control large balls through a variety of skills and team games.
- Physical Fitness: Endurance, mobility, flexibility and strength will be developed through challenges and circuit training.
- Ball sports: Hand/eye coordination skills will continue to be developed through a variety of ball games. Students will play modified games of Net Set Go, with the skill focus on passing, catching and shooting.

Year Three

- Ball sports: Hand/eye coordination skills will continue to be developed through a variety of ball games. Students will play modified games of Net Set Go, with the skill focus on passing, catching and shooting.
- Ball sports: Throwing and catching using small and large balls will be practiced through a range of team games in preparation for the Athletics Carnival.
- Movement: Skills related to track and field events will be developed in preparation for the Athletics Carnival in Term Three. In particular, students will learn turbojav and long jump skills as well as running techniques.
- Cooperation with others, including partners and teams, is vital when participating in physical activities. Following basic rules is necessary to maintain fairness and safety.

Year Four

- Ball sports: Throwing and catching using small and large balls will be practiced through a range of team games in preparation for the Athletics Carnivals.
- Movement: Skills related to track and field events will be developed in preparation for the Athletics Carnival in Term Three. In particular, students will practice turbojav, long jump and running techniques.
- 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 and game play.
- Cooperation with others, including partners and teams, is vital when participating in physical activities. Basic rules and scoring systems are necessary to maintain fairness and safety.

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.
- Ball sports: Throwing and catching using small and large balls will be practised through a range of team games in preparation for the Athletics Carnivals.

- 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, long jump and running techniques.
- Ball sports: Rules and game play of soccer, football and netball will be practiced during training sessions in preparation for ASCS Interschool Carnival this term.
- Interpersonal skills, such as encouragement of others, sharing roles and responsibilities and dealing with conflicts and disagreements is vital when participating in team games.

