

PHYSICAL EDUCATION OVERVIEW TERM TWO, 2021



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

Kindy

- The Movement Starters Program has children participating in a range of activities which incorporate fitness, balance, locomotion and body image to involve children in a variety of movement exploration.
- Identify and follow simple rules during sport.
- Movement: Through a variety of activities students will develop simple fundamental movement skills, with the focus on kicking, running and catching.

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 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.
- Movement with ropes: Leaping and jumping over ropes will be practiced to extend the movement, agility/control and coordination of the children.

Year One/Two

- Physical Fitness: Endurance, mobility, flexibility and strength are the focus to develop physical fitness in preparation for the Cross Country Carnival in Term Two.

- Movement with ropes: Leaping, jumping and skipping over ropes will be practiced to extend the movement, agility/control, coordination, endurance and fitness of the children.
- 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 practise these skills.
- Following rules and demonstrating fair play in partner, group activities and minor games.

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 will continue to be developed through a variety of ball games. Students will play modified games of Netta, with skill focus on passing, catching, shooting and pivoting.
- Movement with ropes: Jumping and skipping over ropes will be practiced to extend the movement, agility/control, coordination, endurance and fitness of the children as part of the Jump Rope for Heart challenge.
- 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 practise these skills.
- Following basic rules in a variety of physical activities in ways to keep activities safe and fair.

Year Four

- 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 will continue to be developed through a variety of ball games. Students will play modified games of netball, with skill focus on passing, catching, shooting, pivoting and defending.
- Movement with ropes: Skipping with ropes will be practiced to extend the movement, agility/control, coordination, endurance and fitness of the children as part of the Jump Rope for Heart challenge.
- Ball sports: Foot-eye and hand-eye coordination skills such as drop punts, chest marks and handballs will be developed through a variety of modified AFL games to consolidate football skills.

Year 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: Dodging, evading, kicking and passing/catching techniques will be practised through various rugby drills and modified games of league tag (touch rugby).
- Ball sports: Hand-eye coordination skills such as dribbling, passing, catching and shooting will be further developed to play the game of European handball.
- Movement with ropes: Skipping with ropes will be practiced to extend the movement, agility/control, coordination, endurance and fitness of the children as part of the Jump Rope for Heart challenge.
- Ball sports: Foot-eye and hand-eye coordination skills such as drop punts, chest marks and handballs will be developed through a variety of modified AFL games to consolidate football skills.

NB: All Year 5/6 students will participate in the ASCS Winter Lightning Carnival in Term 2.