

PHYSICAL EDUCATION OVERVIEW TERM FOUR, 2021

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

KINDY

- 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.

PRE-PRIMARY

- Ball sports: Hand/eye coordination skills will be developed to control small balls through skill development and a range of bat and ball games.
- Cooperation with others, including partners and teams, is vital when participating in physical activities. Students will be encouraged to practice positive behaviours especially when playing team games.
- Rhythmic movement: Students will perform a variety of movements in response to music through the Edu Dance program.

YEAR ONE/TWO

- Ball sports: Hand/eye coordination skills will be developed through a variety of bat and ball games including cricket, tee ball and golf (year 2).
- Positive choices are encouraged when participating in group activities and team games. This includes dealing with winning, losing and encouraging others.
- Rhythmic movement: Students will perform a variety of movements in response to music through the Edu Dance program.

YEAR THREE

- Ball sports: Hand/eye coordination skills will be developed through a variety of bat and ball games including hockey, cricket and golf.
- Students will practice basic rules in a variety of physical activities and small games to ensure fairness and safety are priority.
- Rhythmic movement: Students will perform a variety of movements in response to music through the Edu Dance program.

YEAR FOUR

- Ball sports: Hand/eye coordination skills will continue to be developed through a variety of bat and ball games including hockey, cricket and golf.
- Students will follow basic rules and learn scoring systems to suit a variety of games.
- Rhythmic movement: Students will perform a variety of movements in response to music through the Edu Dance program.

YEAR FIVE

- Ball sports: Hand/eye coordination skills will continue to be developed through a variety of bat and ball games including golf and hockey.
- Ball sports: Hand/eye coordination skills will continue to be developed through a variety of ball games. Students will develop skills to play volleyball, with the focus on serving, passing and setting.
- Rhythmic movement: Students will perform a variety of movements in response to music through the Edu Dance program.

YEAR SIX

- Ball sports: Hand/eye coordination skills will continue to be developed through a variety of bat and ball games including golf and hockey.
- Ball sports: Hand/eye coordination skills will continue to be developed through a variety of ball games. Students will develop skills to play volleyball, with the focus on serving, passing and setting.
- Rhythmic movement: Students will perform a variety of movements in response to music through the Edu Dance program.