

R – 2 Health and Physical Education 2017

Teacher: Florin Velea



Term 3 - program overview

The Health and PE program provides two lessons a week for each class in R-2 and is focused on the following curriculum areas:

- Personal, Social and Community Health (including body health and wellbeing, safe and active life, being part of healthy and active community)
- Fundamental movement skills and Active play (including fundamental movement skills, understanding movement, learning through movement and playing/group activities)

The PE program for Term 3 is organized in two main blocks:

Block 1. Locomotion (e.g. running, hopping, jumping, skipping) and dominant movements – coordination, balance, rhythm.

Block 2. Ball skills –including group/team games (e.g. throwing, bouncing, catching, kicking).

First half of Term 3 is focused on **consolidating** the skills required by the curriculum areas. The second half of the term is going to be allocated to Sports Day preparation, focused on the activities and games designed for our **Sports Day**.

Additionally, there will be organized **AFL Clinics** for years 2 – 4 with the great support of **Adelaide Crows** staff in regards to promote football for our school teams. For all R – 2 classes there will also be organized **Tennis clinics** in collaboration with Super Tennis.

The **Health** program is delivered one lesson a week. Term 3 is focused on **Food and nutrition** and the topics will include:

- Nutrition – Eating healthy. Healthy choices.
- Tastes (the 4 most common tastes: sweet, sour, bitter and salty)
- Food – **meal planner**.
- Food – keeping food, packing, conserving, preserving and storage.

Thank you and enjoy Term 3!