



Physical Education

Year 4-6

Term 1 Overview

Teacher: Deana Agalidis



Welcome to Term 1!

The **Physical Education** program provides one lesson a week for each class in Reception – Year 6 and is focused on the following Australian Curriculum strands

Personal, Social and Community Health

- Being healthy safe and active
- Contributing to healthy and active communities

Movement and Physical Activity

- Moving our body
- Understanding movement
- Learning through movement

With these guidelines, we aim to:

- Provide students with opportunities to explore and develop movement skills, understand movement and learn through movement.
- Offer students a quality environment to interact and contribute to a safe and active community being socially involved at different levels and in different groups.
- Support the children to develop sportsmanship, optimism, positive attitudes, friendship and teamwork.
- Provide opportunities to all students to explore their favorite skills and develop interest in playing sport outside school for long term (e.g. local sporting clubs)

In Term 1 the program is designed to support a successful start for students and is focused on building a positive team environment and creating successful start. To achieve this, a range of group games, active games and socializing activities have been created to support students' interactions and relationships in their new learning community.

The year 4-6 program will include three main focus areas throughout the year:

- Fundamental movement skills- running, hopping, jumping, skipping, coordination, balance, rhythm.
- Object control skills- throwing, bouncing, catching and kicking.
- Tactics and game play- understanding the rules and basic tactical principal of a sport.

The year will be split into 6 different chunks. Four parts will be the different categories of games following the TGFU approach which are: net and wall, invasion, target, and striking and fielding games. The fifth and sixth parts are relationship building and athletics. Students will take part in a SEPEP model which shows students take control of their learning and run their own tournaments whilst undertaking various roles and responsibilities.



Physical Education
Reception - Year 4
Term 1 Overview

Teachers: Florin Velea: R - 4 Physical Education



Have a great Term 1!

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- Provide students with opportunities to explore and develop movement skills, understand movement and learn through movement.
- Offer students a quality environment to interact and contribute to a safe and active community being socially involved at different levels and in different groups.
- Support the children to develop sportsmanship, optimism and positive attitude, friendship and team-work.
- Provide opportunities to all students to explore their favorite skills and develop interest in playing sport outside school for long term (e.g. local sporting clubs)

The **Physical Education** program provides one lessons a week for each class in Reception – Year 6 and is focused on the following curriculum areas:

- **Fundamental movement skills and Active play** (including fundamental movement skills, understanding movement, learning through movement and playing/group activities)
- **Personal, Social and Community Skills** (including group interactions, safe and active life, being part of team and an active community)

In **Term 1** the program is designed to support a successful start for students and is focused on **positive team environment and successful start**. To achieve this I will organize a large variety of **group games, active games and socializing activities**, all designed to support students' interactions/ relationships in their new learning community.

The program will include two main skills area:

- Locomotion (eg running, hopping, jumping, skipping) and dominant movements – coordination, balance, rhythm.
- Ball skills –including group/team games (e.g. throwing, bouncing, catching and kicking).

Learning progress. Each term has a different **level of difficulty** according to the progress that students can demonstrate in the sessions, respectively introduction, consolidation, extending and applying the skills in specific situations. In Term 1 (**Introduction**) the focus is to initiate the students into the curriculum areas through various **GROUP/ACTIVE GAMES** according to the age requirements.