



## Reception - Year 2 Health and Physical Education Term 4 Overview



Reception and Reception Year 1 Health  
Teacher: Erica Teumohenga

Reception – Year 2 Physical Education, Year 1 and Year 2 Health  
Teacher: Florin Velea

The **Health and PE program** provides two lessons a week for each class in Reception – Year 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 a 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 will include a range of activities focused on using and applying the skills developed throughout the year at a higher level of difficulty according to the age. These activities include complex exercises, obstacle courses and team games using rules, strategies and modified games including group combinations.

The activities will reflect the development in curriculum areas practiced during the previous three terms: fundamental movement skills, rhythmic, expressive activities, active play and minor games (including group / team games). Special lessons will be allocated to assess student's achievement in Health and Physical Education according to the requirements of Australian Curriculum.

The Reception Health program is focused this term on Connecting to the Environment.

Topics will include:

- Explore a range of ways to play that promote engagement with outdoor settings
- Explore how to move and play safely in different settings
- Games using natural materials

The Year 1 and Year 2 Health program will focus this term on Mental health and wellbeing.

Topics will include:

- Mental health and wellbeing
- Personal hygiene
- Life cycle (changes, growth and age characteristics)
- Healthy life style

**HAVE A GREAT TERM 4!**