

Physical Education - Term 1 Overview

The Physical Education (PE) program provides students from Reception to Year 6 with opportunities to develop movement skills, teamwork, and a positive attitude towards physical activity. Through engaging lessons, students learn through movement while building confidence, sportsmanship, and social skills.

PE is delivered once per week for each class and focuses on:

- Fundamental Movement Skills and Active Play
- Personal, Social and Community Skills, including teamwork, safe participation, and active lifestyles

Reception – Year 3

In Term 1, the Junior Primary PE program focuses on building positive relationships and a supportive team environment. Students participate in a variety of games and activities designed to develop gross motor skills, coordination, balance, and basic ball skills.

Activities are inclusive and differentiated, allowing students to learn and practise skills through whole-class, small-group, and individual activities in a fun and supportive setting.

Years 4-6

Upper Primary PE emphasises teamwork, communication, resilience, and positive peer relationships. Students develop these skills through individual and group activities while building a love for physical activity.

Each term focuses on a different category of sport. In Term 1, students learn the fundamentals of basketball, including skills, rules, and gameplay. Year 5 and 6 students also complete a short assessment to demonstrate their understanding.



Andy Read
Year 4, 5 and 6



James Hancock
Reception to Year 3

