

# Term 2

## Physical Education overview



### The Physical Education program aims to:

- Provide students with opportunities to explore and develop movement skills, while understanding and learning through movement.
- Offer students a quality environment to interact and contribute to a safe and active community while being socially involved at different levels and in different groups.
- Support students to develop sportsmanship, optimism and positive attitude, friendship and teamwork.
- Provide opportunities to all students to explore their favorite skills and to develop an interest in playing sports outside the school for the long term eg local sporting clubs.

The Physical Education program provides one lesson 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, a safe and active life, and being part of a team and an active community.

### Reception to year 4 (F8 and F9)

The reception to year 4 PE program for term 2 is organized into two main blocks:

**Block 1:** Ball skills – including group and team games eg throwing, bouncing, catching and kicking.

**Block 2:** Locomotion (running, hopping, jumping, skipping), and dominant movements – coordination, balance, rhythm.

### Learning progress

Each term has a different difficulty level, according to the achievement level and effort students can demonstrate in the sessions (introduction, consolidation, and extending/application), to support consistent learning progress. Term 1 focused on a positive class environment, team building, and a successful start. Term 2 is focused on introducing the major skills area. These next three terms will focus on skills-based programs.

### Upper Primary (including F10 and F11)

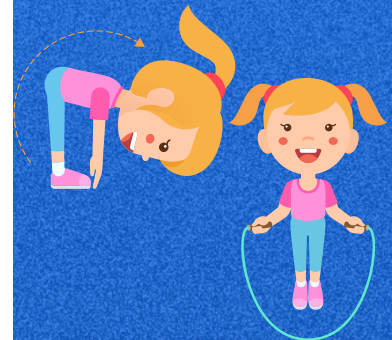
To begin the term, students will spend the first two weeks participating in group activities to build on their teamwork and cooperation skills. Activities will include throwing, catching, shooting, and strategy games.

Each term we will be investigating a different category of sports. To follow on from last term's net and wall sport (tennis), we will now be looking at invasion sports. The invasion sport we will be focusing on is Aussie rules football. Students will learn the fundamental basics of Australian rules football such as kicking, marking and handballing before applying these learnt skills in modified games with their peers. Students will also learn about the rules and by the end of the unit, help umpire these modified games.



Florin Velea

Reception - Year 4



Andy Read

Year 5 - 6

