

R – 2 Health and Physical Education

Florin Velea

Years Reception – Year 2 and PE

Works Monday, Tuesday, Wednesday

Year 1 and 2 and Health

Works Thursday and Friday

Email: Florin.Velea226@schools.sa.edu.au



Term 1 - 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 1 is organized in two main blocks:

- **Block 1 locomotion** (eg running, hopping, jumping, skipping) and dominant movements – coordination, balance and rhythm
- **Block 2 ball skills** – including group/team games (eg throwing, bouncing, catching and kicking)

Term 1 will start with a **3 week block** focused on **successful start** when I will organize mainly group games designed to support new relationships, friendship and getting to know each other. That will be followed by **4 weeks** of each of the main blocks mentioned above offering consistency to the area of skills the students are practicing. Additionally, specific sport clinics will be organized in collaboration with Auskick and the sessions are designed to encourage our students to join the school teams.

The **Health program** is delivered one lesson a week. Term 1 is focused on **Personality and Personal social skills** and the topics will include:

Socializing, social skills involved in building new relationships/friendship, discovering and getting to know others/ new children, integrating and relating to a new group

- Feelings, face expression and gesture
- Identity, who I am and how I express myself in a group
- Similarities and differences in my group of friends, class, team
- Group management, issues management and group rules, group organization.

Thank you and have a great Term 1!