

Reception – Year 2 Health and Physical Education 2017

Teacher: Florin Velea



Term 4 - program overview

The Health and Physical Education 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 (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 skills include complex exercises and obstacle courses, team games using rules and strategies and modified games including group combinations.

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

The **Health** program is focused this term on **Mental health and wellbeing** and topics will include:

- Personal hygiene
- Life cycle (changes, growth and ages characteristics)
- General body health (health vs sickness, basic symptoms of illness)
- Healthy life style
- Mental health and wellbeing

Thank you and enjoy Term 4!