



Reception - Year 2
Health and Physical Education
Term 2 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 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 2 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).

Learning progress. While Term 1 was focused on positive class environment, interrelationship and successful start, the next 3 terms will be focused on skills based programs. In order to support a consistent learning progress, each term has a different level of difficulty according to the achievement level and effort that students can demonstrate in the sessions (introduction, consolidation and extending / application). Therefore Term 2 is focused on the introduction of the major skills area as initiation into the curriculum areas as mentioned above.

The **Health** program is delivered one lesson a week. Term 2 is focused on **human body and benefits of physical activity, interacting with others, change and transitions, making healthy and safe choices.**

Topics will include:

- Main parts of the human body and how the body works when physically active
- Benefits of physical activity
- Name parts of the body and describe physical changes as children grow
- How to stay safe and healthy, strategies to use when help is needed
- Identify safe supportive relationships
- Active listening and responding/communication techniques
- Expressing needs, wants, feelings/being friendly and kind

HAVE A GREAT TERM 2!