



## Reception - Year 2 Health and Physical Education Term 3 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 3 is organized in three main parts:

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

The above areas will be focused on **consolidating** the skills required by the curriculum areas and using these skills in particular movement situations according to the learning progress. During the **Tokyo Olympics** most of my activities will be linked to some of the most important Olympics sports or representative Australian sports in Olympics.

3. A four week block will be allocated to Sports Day preparation and being focused on the activities and games designed for our **Sports Day**.

The Reception **Health** program is taught one lesson a week. Term 3 is focused on **Health Literacy and Community Health Promotion**

Topics will include:

- Taking care of our body and eating healthy foods
- Make healthy choices
- Identify and demonstrate actions that promote health safety and wellbeing
- Actions in play that promote safety, eg symbols

The Year 1 and Year 2 **Health** program is taught one lesson a week. Term 3 is focused on **Food and nutrition** and Topics will include:

- Nutrition – Vocabulary.
- Food – Eating healthy. Healthy choices. Meal planner.
- Tastes – The most common tastes: sweet, sour, bitter and salty.
- Food – National Science Week 2021
- Social and Emotional Literacy-managing feelings.

**HAVE A GREAT TERM 3!**