

Term 1 Physical Education Overview

The Physical Education program aims to:

- Provide students with opportunities to explore and develop movement skills, understand movement and learn through movement.
- Offer students a quality environment to interact and contribute to a safe and active community being socially involved at different levels and in different groups.
- Support the children to develop sportsmanship, optimism and positive attitude, friendship and team-work.
- Provide opportunities to all students to explore their favorite skills and develop interest in playing sport outside school for long term (eg local sporting clubs)

The Physical Education program provides one lessons a week for each class in Reception to 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, safe and active life, being part of team and an active community)

In Term 1 the PE program for Reception to Year 4 is designed to support a successful start for students and is focused on positive team environment. To achieve this, I will organize a variety of group games, active games and socializing activities, all designed to support students' interactions and relationships in their new learning community.

Activities will include the main skills area, locomotion (eg running, hopping, jumping, skipping) and dominant movements, coordination, balance as well as ball skills (eg throwing, bouncing, catching and kicking).

Learning progress

Each term has a different level of difficulty according to the progress that students can demonstrate in the sessions, respectively introduction, consolidation, extending and applying the skills in specific situations. In Term 1 (Introduction) the focus is to initiate the students into the curriculum areas through various group active games according to the age requirements.

The year 5-6 program will include three main focus areas to be incorporated into each lesson:

- Fundamental movement skills- running, hopping, jumping, skipping, coordination, balance, rhythm.
- Object control skills- throwing, bouncing, catching and kicking.
- Tactics and game play- understanding the rules and basic tactical principal of a sport.

The year will be split into six different categories. Four parts will be the different categories of games following the TGFU approach which are: net and wall, invasion, target, and striking and fielding games. The fifth and sixth parts are relationship building and athletics. Term one will begin with relationship building activities and then move into a unit on invasion sports. Students will take part in a SEPEP model which shows students take control of their learning and run their own tournaments whilst undertaking various roles and responsibilities.

Have a great term!

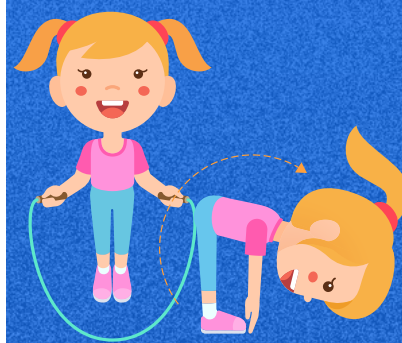
Teachers



Florin Velea



Reception - Year 4



Deana Agalidis



Year 5 - 6

