

# Term 3

## Physical Education overview



### The Physical Education (PE) program aims to:

- Provide students with meaningful opportunities to explore and develop a range of movement skills, build an understanding of movement, and engage in learning through movement.
- Create a supportive environment where students can interact, collaborate, and contribute to a safe and active school community, participating socially across different groups and contexts.
- Encourage the development of sportsmanship, optimism, a positive attitude, friendship, and teamwork.
- Inspire all students to discover and refine their favourite physical skills and foster a long-term interest in participating in sports beyond school, such as through local sporting clubs.

**Each class from Reception to Year 6 receives one dedicated PE lesson per week.**

### The program focuses on two key curriculum areas:

- Fundamental Movement Skills and Active Play: This includes developing essential movement patterns, understanding how the body moves, learning through physical experiences, and participating in group and play-based activities.
- Personal, Social, and Community Skills: Emphasising teamwork, safe and active lifestyles, positive group interactions, and a sense of belonging within both school and wider community environments.

### Reception to Year 4

The Term 3 Physical Education program for Reception to Year 4 is structured into two main components.

#### Part One – Skills-Based Program:

- Students will consolidate key movement skills, focusing on ball handling, locomotion, and dominant movement patterns aligned with curriculum outcomes. Team games will be introduced to strengthen collaboration, communication, and teamwork, while reinforcing the skills required for the upcoming Sports Day.
- In addition, free cricket clinics will be delivered by SACA (South Australian Cricket Association) in Week 4, providing students with an exciting opportunity to learn new skills from qualified coaches.

#### Part Two – Sports Day Preparation:

A dedicated four-week block will focus on preparing students for Sports Day. Lessons will centre on practising the specific events, challenges, and races that form part of this highly anticipated school event, helping students build confidence and a sense of team spirit.

### Upper Primary

The term will begin with two weeks of group activities focused on strengthening teamwork, cooperation, and communication skills. Students will take part in games that involve throwing, catching, shooting, and strategic thinking.

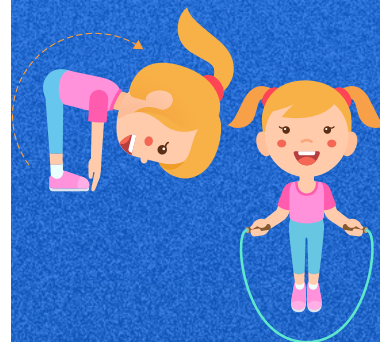
Each term, students explore a different category of sport. This term builds on Term 1's focus on striking and fielding (cricket) and Term 2's net and ball sport (badminton), continuing to broaden students' exposure to various sporting disciplines.

With Sports Day scheduled for Wednesday, 10th September (Week 8), the remainder of the term will be dedicated to practising and refining the specific skills, races, and events involved. This preparation helps students develop confidence, resilience, and a strong sense of team spirit.



Florin Velea

Reception - Year 4



Andy Read

Year 5 - 6

