

# Term 1 Physical Education Overview



Florin Velea

Reception - Year 4

## 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 students to develop sportsmanship, optimism a positive attitude, friendship and teamwork.
- Provide opportunities to all students to explore their favourite skills and develop an interest in playing sports outside school for long term (eg local sporting clubs).

## The Physical Education program provides one lesson 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 and being part of a team and an active community).

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

The activities will include locomotion the main skills area eg running, hopping, jumping, dominant movements, coordination, and 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.

## Upper Primary (including F10 and F11)

To begin the new school year, there will be an emphasis on teamwork, persistence, and resilience as well as developing strong relationships with peers in their new learning environments. Students will develop these skills through group games, and individual activities and will be provided opportunities to foster strong relationships while developing a love for PE.

Each term we will be looking at different categories of sports. This term we will be looking at net and wall games with a particular focus on tennis. Students will learn the fundamental basics of tennis before applying these learnt skills in modified games with their peers.



Andy Read

Year 5 - 6

