Term 3 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 teamwork.
- Provide opportunities to all students to explore their favorite skills and develop an interest in playing sports outside the school for the 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, being part of a team and an active community.

The PE program for Reception to Year 4 in Term 3 is organised in two main parts: Part One - Skills-based program including:

- Fitness program focused on locomotion eg running, push-ups, sit-ups, skipping and jumping
- Team games designed to improve partnership and team skills using strategies required by the upcoming sports day.
- Additionally, free cricket clinics will be organised and offered by SACA in week 4 for all reception to year 2 students.

Part 2 - Sports Day preparation.

A 4-week block will be allocated to sports day preparation and is focused on the activities, challenges and races designed for our sports day. Our sports day is scheduled for week 9, Wednesday 20th of September.

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Term 3 PE program for Year 5 & 6 Students

To begin term 3 the upper primary students will be involved in target games led by pre service teacher Jack Read with the support of Andy.

Once that unit has been completed, students will practice events that will take place on sports day with a focus on teamwork, cooperation and sportsmanship.



Wednesday 20th September

Florin Velea Reception - Year 4





Andy Read Year 5 - 6

