

Term 4

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 other groups.
- Support children 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 the long term (eg, local sporting clubs).

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

The PE program for Reception to Year 4 this term will include a range of activities designed to offer students opportunities to use and apply the skills developed throughout the year at a higher level of difficulty according to age. These activities will include complex exercises and obstacle courses, focusing on team strategies and modified games that incorporate specific actions and combinations.

Additionally, particular lessons will be allocated to assess students' achievement in physical education according to the requirements of the Australian Curriculum.

Upper Primary PE

The PE program for years 5-6 students begins by spending the first week revisiting skills taught in the previous terms, such as net and wall sports, striking and fielding sports and target sports with an emphasis on cooperation and teamwork skills.

Throughout the year, students have explored a range of sporting categories, each term focusing on a different discipline. In Term 1, students participated in striking and fielding activities such as cricket, followed by net and wall games including badminton in Term 2. Term 3 focused on multiple target sports alongside preparation for Sports Day. This term, the focus will shift to invasion sports, with an emphasis on netball. Students will develop fundamental skills in passing and catching, learn the movement and roles associated with each court position, and deepen their understanding of the rules and strategies that underpin the game.



Andy Read



Rommi Clark

