

Term 2

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 favourite skills and develop an interest in playing sports outside the school for the long term - for example: 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.

The Reception to Year 4 program for Term 2 is organised in two main blocks:

Block 1

Locomotion - example: running, hopping, jumping, skipping and dominant movements – coordination, balance and rhythm.

Block 2

Ball skills, including group/team games, for example: throwing, bouncing, catching and kicking.

Learning progress

Term 1 was focused on a positive class environment, team building and successful start. The next three terms will be focused on skills-based programs. In order to support consistent learning progress, each term has a different level of difficulty according to the achievement level and effort that students demonstrate in the sessions, (introduction, consolidation and extending/application). Therefore Term 2 is focused on the introduction of the major skills area as initiation into the curriculum areas as mentioned above.

The year 5-6 area of focus

Students in years 5 and 6 will be focusing on the category of 'Net and Wall' sports. The primary sport for this term will be table tennis.

Students will learn the fundamental skills of forehand and backhand as well as the rules of the game. Once the basics have been learned, there will be a focus on tactical decisions and how to play doubles effectively.

There will be a SEPEP tournament at the end of the unit for students to display their learning.

Have a great term!

Teachers



Florin Velea



Reception - Year 4



Deana Agalidis



Year 5 - 6

