

# Term 1

## 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 team-work.
- Provide opportunities to all students to explore their favorite skills and develop interest in playing sport outside school for 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, safe and active life, being part of team and an active community)

#### Reception to Year 4

Term 1 is designed to support a successful start for students and is focused on a positive team environment and a 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 the main skills area, locomotion eg running, hopping, jumping, skipping and dominant movements, coordination, 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.

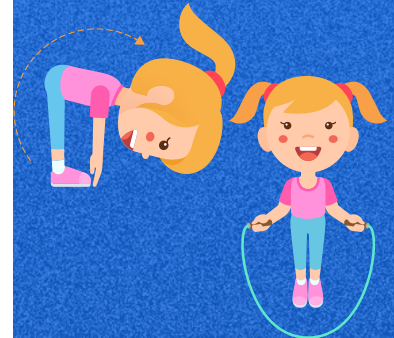
#### Upper Primary

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

Each term we will be looking at a different category of sports. This term we will be looking at striking and fielding sports with a particular focus on cricket. Students will learn the fundamental basics of cricket such as throwing and catching before applying these learnt skills in modified games with their peers. As well as learning skills, the students will also learn the rules and scoring system of cricket. Students will be provided the opportunity to demonstrate their understanding in an end of term cricket assessment quiz that will form part of their grade.



Florin Velea  
Reception - Year 4



Andy Read  
Year 5 - 6

