

**PHYSICAL EDUCATION OVERVIEW
TERM ONE, 2017**

The following is an overview of the Physical Education skills the students from Pre Primary to Year Six will cover in Term One.

Pre Primary

- The Perceptual Motor Program (PMP) has children working through a sequence of experiences to develop perception and motor outcomes along with memory training. It aims to develop, through movement, motor skills that are related to the child's own needs, in the areas of eye/hand, eye/foot coordination, locomotion, balance and fitness.
- *Movement*: Through a variety of games, students will practise simple locomotor movements, which include running, skipping, jumping, zigzagging and dodging.
- *Ball sports*: Hand/eye coordination skills will be developed through the manipulation of beanbags in a variety of activities.

Year One/Two

- *Movement*: Through a variety of games, students will practise fundamental locomotor movements, which include running, skipping, jumping, hopping and dodging.
- *Ball sports*: Hand/eye coordination skills will be developed through the manipulation of beanbags and small balls in a variety of games.

Year Three/Four

- *Ball sports*: Hand/eye coordination skills will be developed through a variety of bat and ball games, including cricket, t-ball and softball. Correct bowling and batting techniques will be developed through skill sessions and game play.
- *Movement*: Through individual and team games, students will demonstrate an increasing array of fundamental movements.

Year Five/Six

- *Ball sports*: Hand/eye coordination skills will be developed through a variety of bat and ball games, including cricket and softcrosse. Bowling and batting techniques and catching and throwing with a softcrosse stick will be practised through skill sessions and game play in preparation for Inter school events in Terms One and Two.
- *Ball sports*: Hand/eye coordination skills such as dribbling and shooting will be developed to play the game of European Handball, in preparation for Inter school events in Term Two.