

## PHYSICAL EDUCATION OVERVIEW

### TERM ONE, 2018

The following is an overview of the Physical Education skills the students from Kindy to Year Six will cover in Term One during sport sessions.

#### Kindy

- Movement: Through a range of spatial awareness games, students will practise simple fundamental movement skills, such as running, hopping, jumping, and galloping.
- Demonstrate a willingness to participate in energetic physical activities including movement and games.

#### 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. Through movement, it aims to develop 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, such as running, hopping, jumping, skipping and galloping.
- Ball sports: Hand/eye coordination will be developed through the manipulation of beanbags in a variety of activities and games.

#### Year One/Two

- Movement: Through a variety of games, students will practise simple locomotor movements, which include running, skipping, dodging, leaping and jumping.
- Ball sports: Hand/eye coordination will be developed through the manipulation of beanbags and small balls in a variety of activities and games.
- Ball sports: Foot/eye coordination will be developed through skills which include passing, dribbling, stopping and kicking. Students will practise skills through modified games of soccer.

#### Year Three/Four

- Movement: Through a variety of games, students will consolidate locomotor movements, which include running, skipping, dodging, leaping and jumping.
- Ball sports: Hand/eye coordination skills will be developed through a variety of bat and ball games, including cricket, softball or t-ball. Bowling, batting and fielding will be developed through skill sessions and modified games.
- Ball sports: Foot/eye coordination will be developed through skills which include passing, dribbling, trapping, kicking and goal targeting. Students will practise skills through modified games of soccer.

### 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, batting and fielding skills and catching/throwing with a softcrosse stick will be practised through skill sessions and game play in preparation for Inter school competitions in Terms One and Two.
- Ball sports: Foot/eye coordination will be developed through skills which include passing, dribbling, trapping, kicking and goal targeting. Students will practise skills through modified games of soccer.

