

PHYSICAL EDUCATION OVERVIEW

TERM TWO, 2018

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

Kindy

- The Movement Starters Program has children participating in a range of activities which incorporate fitness, balance, locomotion and body image to involve children in a variety of movement exploration.

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.
- Physical Fitness: Endurance, mobility, flexibility and strength are the focus to develop physical fitness in preparation for the Cross Country Carnival in Term Two.
- Ball sports: Foot-eye coordination will be developed to control a ball with the feet in a variety of physical activities including stopping and fielding, kicking and dribbling a ball.
- Movement with ropes: Leaping and jumping over ropes will be practiced to extend the movement, agility/control and coordination of the children.

Year One/Two

- Physical Fitness: Endurance, mobility, flexibility and strength are the focus to develop physical fitness in preparation for the Cross Country Carnival in Term Two.
- Movement with ropes: Leaping, jumping and skipping over ropes will be practised to extend the movement, agility/control, coordination, endurance and fitness of the children.
- Ball sports: Foot-eye coordination skills such as stopping and fielding, kicking at a target and dribbling a ball with the focus on control, will be developed through a variety of activities. Students will play modified soccer games to practise these skills.

Year Three

- Physical Fitness: Endurance, mobility, flexibility and strength are the focus to develop physical fitness in preparation for the Cross Country Carnival in Term Two.
- Ball sports: Hand/eye coordination skills will continue to be developed through a variety of ball games. Students will play modified games of netta, with skill focus on passing, catching, shooting and pivoting.

- Movement with ropes: Leaping, jumping and skipping over ropes will be practised to extend the movement, agility/control, coordination, endurance and fitness of the children.
- Ball sports: Foot-eye coordination skills such as stopping and fielding, kicking at a target and dribbling a ball with the focus on control, will be developed through a variety of activities. Students will play modified soccer games to practise these skills.

Year Four

- Physical Fitness: Endurance, mobility, flexibility and strength are the focus to develop physical fitness in preparation for the Cross Country Carnival in Term Two.
- Ball sports: Hand-eye coordination skills such as dribbling, passing, catching and shooting will be further developed to play modified games of basketball.
- Ball sports: Foot-eye coordination skills such as stopping and fielding, kicking at a target and dribbling a ball with the focus on control, will be developed through a variety of activities. Students will play modified soccer games to consolidate these skills.
- Ball sports: Foot-eye and hand-eye coordination skills such as drop punts, chest marks, handballs will be developed through a variety of modified AFL games to consolidate football skills.

Year Five/Six

- Physical Fitness: Endurance, mobility, flexibility and strength are the focus to develop physical fitness in preparation for the Cross Country Carnival in Term Two.
 - Ball sports: Foot-eye coordination skills such as dodging, evading and kicking, and passing/catching techniques will be practised through various rugby drills and modified games of league tag (touch rugby).
 - Ball sports: Hand-eye coordination skills such as dribbling, passing, catching and shooting will be further developed to play modified games of basketball and European handball.
- NB: Students will participate in the Cross Country and ASCS Winter Lightning Carnivals in Term 2.
- Ball sports: Foot-eye and hand-eye coordination skills such as drop punts, chest marks, handballs will be developed through a variety of modified AFL games to consolidate football skills.

