

## PHYSICAL EDUCATION OVERVIEW

### TERM ONE, 2022

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

#### Kindy

- Movement: Through a variety of games children will participate in a activities which incorporate fitness, body management, locomotor and object control skills to develop Fundamental Movement skills.
- Movement: Through a variety of activities students will develop simple locomotor movements, with the focus on static balance, running, galloping, jumping and underarm throwing.

#### 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, coordination, locomotion, balance and fitness.
- Movement: Through a variety of games students will develop simple locomotor movements, with the focus on balance, running, skipping 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. Students will be introduced to the skills of overarm throwing and bouncing/catching.

#### Year One/Two

- Movement: Through a variety of games students will develop locomotor movements, with the focus on running, dodging, balance, and two handed strikes.
- Ball sports: Hand/eye coordination skills will be developed through a variety of bat and ball games. Overarm throwing, batting and fielding will be developed through skill sessions and modified games of cricket.
- Following rules and fair play in group activities and minor games will be encouraged and developed.

#### Year Three/Four

- Ball sports: Hand/eye coordination skills will be developed through a variety of bat and ball games.

Overarm throwing (year 3/4), bowling (year 4), two handed striking and fielding will be developed through skill sessions and modified games of cricket and teeball.

- Adopt inclusive practices and demonstrate fair play when participating in physical activities.
- Swimming: Skill development appropriate to child's level/ ability with an instructor at Aqualife Pool.

#### Year Five/Six

- Ball sports: Hand/eye coordination skills will be developed through a variety of bat and ball games. Bowling, batting and fielding will be targeted through skill sessions and game play in preparation for the Interschool cricket carnival this term.
- Ball sports: Hand/eye coordination skills will be developed through a variety of ball games. Students will learn league tag skills, rules and game play through skill sessions and modified games.
- Swimming: Skill development appropriate to child's level/ ability with an instructor at Aqualife Pool.

