



# PHYSICAL EDUCATION TERM 2 OVERVIEW 2024



## PHYSICAL EDUCATION KEY DATES

### ST PIUS X CROSS COUNTRY CARNIVAL (PP – YEAR 6)

DATE: THURSDAY 9<sup>TH</sup> MAY

LOCATION: JAMES MILLER RESERVE, MANNING

TIME: 12.50PM – 2.30PM

DISTANCES:

Pre-Primary: 250m

Year 1 & Year 2: 500m

Year 3 & Year 4: 1000m/1km

Year 5 & Year 6: 1500m/1.5km

### ASCS CROSS COUNTRY CARNIVAL (YEARS 3-6)

DATE: FRIDAY 17<sup>TH</sup> MAY

LOCATION: MANNING PARK, AZAELIA RD, SPEARWOOD

TIME: 10.00AM – 1.00PM

DISTANCES:

Y3&Y4: 1000m/1km

Y5&Y6: 1500m/1.5km

### ASCS MODCROSSE AND LEAGUE TAG CARNIVAL

DATE: FRIDAY 7<sup>TH</sup> JUNE

LOCATION: MORRIS BUZACOTT RESERVE, KARDINYA

TIME: 9.30AM – 1.50PM (TBC)

## 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.
- Identify and follow simple rules during sport.
- Movement: Through a variety of activities students will develop simple fundamental movement skills, with the focus on kicking, running, and jumping.

## 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 skills to control a ball will be developed through a variety of physical activities including stopping, kicking, and dribbling a ball. Students will play modified soccer games to practice these skills.

## YEAR 1

- Movement: Through a variety of games students will develop simple locomotor movements, with the focus on kicking, jumping, dodging, and skipping.
- Ball sports: Students will participate in various activities involving soccer to develop kicking, balance during movements, strategies, cooperation, and problem-solving skills.
- Simple rules and fair play in group activities and minor games.

## YEAR 2

- Movement: Through a variety of games students will develop simple locomotor movements, with the focus on kicking, punting, combining movement skills.
- Ball sports: Students will participate in various activities involving soccer to develop their kicking, balance during movements, positive choices when playing group games, and problem-solving in movement challenges.
- Simple rules and fair play in group activities and minor games.

## YEAR 3

- Movement: Through a variety of games students will develop their locomotor movements, with the focus on kicking, catching, throwing, running, jumping, hopping, and dodging.
- Ball sports: Students will participate in league tag, modcrosse, and soccer activities. Through these activities students will develop their locomotor movements and develop their balance during movements, tactics, and cooperation.
- Basic rules and scoring systems to keep physical activities safe and fair.

## YEAR 4

- Movement: Through a variety of games students will develop their locomotor movements, with the focus on kicking, catching, throwing, running, jumping, hopping, and dodging.
- Ball sports: Students will participate in league tag, modcrosse, and soccer activities. Through these activities students will develop their locomotor movements and develop their balance during movements, tactics, and cooperation.
- Basic rules and scoring systems to keep physical activities safe and fair.

## YEAR 5

- Ball sports: Students will participate in league tag and modcrosse activities to develop their understanding of movement and demonstrate the ability to adjust force and speed to improve accuracy and control. They will be able to link specific skills used in organised games, sports and activities. In these activities students will use basic strategies and tactics to successfully achieve a movement outcome or goal. These include their body awareness, spatial awareness and relationship to and with objects, people and space.
- Basic rules and scoring systems to keep physical activities safe and fair.

## YEAR 6

- Ball sports: Students will participate in league tag and modcrosse activities to develop their understanding of movement and demonstrate the ability to adjust force and speed to improve accuracy and control. They will be able to link specific skills used in organised games, sports and activities. In these activities students will use basic strategies and tactics to successfully achieve a movement outcome or goal. These include their body awareness, spatial awareness and relationship to and with objects, people and space.
- Basic rules and scoring systems to keep physical activities safe and fair.
- ASCS Modcrosse and League Tag Carnival: Friday the 7<sup>th</sup> of June.