

Physical Education/Sport Term 3

Foundation-Term 3 we revisit the skills of run, kick, catch and introduce to them the skills of ball bounce and forehand strike. The focus is on correct technique for these skills and further developing their Fundamental Motor Skills. They are also introduced to simple games where they need to apply these skills and begin to learn rules, strategies and the concept of fair play.

Year 1 and Year 2- Term 3 we revisit the skills of run, kick, catch and introduce to them the skills of ball bounce and forehand strike. The focus is on correct technique for these skills and further developing their Fundamental Motor Skills. They are also introduced to simple games where they need to apply these skills and begin to learn rules, strategies and the concept of fair play.

Year 3 – Term 3 we introduce the students to the skills associated with athletics. They focus on High Jump, Shot Put, Discus, Long Jump and Triple Jump. The focus is on correct techniques and familiarisation with the equipment. The students will finish with a unit on Basketball where they are introduced to the game through a variety of activities focussing on attack, defence and strategies.

Year 4 – Term 3 we introduce the students to the skills associated with athletics. They focus on High Jump, Shot Put, Discus, Long Jump and Triple Jump. The focus is on correct techniques and familiarisation with the equipment. The students participate in a unit of Oz Tag where they are introduced to the game through a variety of activities focussing on attack, defence, running, dodging and strategies. The students will also participate in House Athletics.

Year 5 and 6- Term 3 we introduce the students to the skills associated athletics. They focus on High Jump, Shot Put, Discus, Long Jump and Triple Jump. The focus is on correct techniques and familiarisation with the equipment. The students participate in a unit of Oz Tag where they are introduced to the game through a variety of activities focussing on attack, defence, running, dodging and strategies. The students will also participate in House Athletics.