

Physical Education/Sport Term 3

Foundation-Term 4 we will be focusing on sports skills and swimming. We will be introducing sport specific skills such as batting, handball, hockey dribbling, chest and bounce pass. The focus is on correct technique for these skills and developing their game playing ability in a variety of modified games. They will be experiencing new games and revisiting familiar ones where they will apply prior knowledge to play. They will be encouraged to learn rules, strategies and the concept of fair play. The students will participate in the intensive swimming programme.

Year 1 and Year 2- Term 4 we will be focusing on sports skills and swimming. We will be introducing sport specific skills in Volleyball, Netball, T-ball, Soccer, AFL, Cricket and basketball. We will focus on correct technique and use of strategies and fair play when in modified games. Their fundamental motor skills will be further developed through these skills and sport specific activities. The students will participate in the intensive swimming programme.

Year 3 – Term 4 we will be introducing the students to five sports softball, tennis, hockey, lacrosse and modified cricket as well as swimming. The basic skills from these sports will be explored with an emphasis on correct technique. Strategic play, skill acquisition and playing by the rules will be a focus for each sport. The students will participate in the intensive swimming programme

Year 4 – Term 4 we will introduce the students to lacrosse through a coaching clinic run by MCC Bayside Lacrosse Club, softball, hockey, cricket and volleyball. The main focus will be on skill acquisition and strategic game play. The students will be participating in 4/5 sport in preparation for moving into Grade 5 next year and competing against other Bayside schools. The students will be participating in the intensive swimming programme.

Year 5 and 6- Term 4 we will further develop the student skills in Lacrosse through a coaching clinic run by MCC Bayside Lacrosse Club. The students will be consolidating their skills in softball, cricket, tennis and volleyball. Year 6 will be introduced to fitness through circuit training where the year 5's will be participating in 4/5 sports in preparation for competing against other Bayside schools next year. Both year levels will participate in the intensive lifesaving beach programme.