

## **Physical Education Term One 2017**

### **Foundation**

Practise fundamental movement skills and movement sequences using different body parts and in response to stimuli in indoor and outdoor settings

Participate in games with and without equipment

Explore how regular physical activity keeps individuals healthy and well

### **Year 1 and 2**

Perform fundamental movement skills in different movement situations in indoor and outdoor settings

Construct and perform imaginative and original movement sequences in response to stimuli

Create and participate in games

Discuss the body's reactions to participating in physical activities, rest and healthy eating

### **Year 3 and 4**

Practise and refine fundamental movement skills in different movement situations in indoor and outdoor settings

Perform movement sequences that link fundamental movement skills for sport skills

Practise and apply movement concepts and strategies

Examine the benefits of physical activity and physical fitness to health and wellbeing

Examine how success, challenge and failure strengthen personal identities

Explore strategies to manage physical, social and emotional change

### **Year 5 and 6**

Practise specialised movement skills and apply them in different movement situations in indoor, outdoor and aquatic settings

Propose and apply movement concepts and strategies

Participate in physical activities designed to enhance fitness, and discuss the impact of regular participation on health and wellbeing

Recognise how media and important people in the community influence personal attitudes, beliefs, decisions and behaviours

Participate positively in groups and teams by encouraging others and negotiating roles and responsibilities

Apply critical and creative thinking processes in order to generate and assess solutions to movement challenges

Demonstrate ethical behaviour and fair play that aligns with the rules when participating in a range of physical activities