

Physical Education and Sport Term one 2018

SPORT

Our Interschool sports for year 5 and 6 this term are Basketball, Cricket, Lacrosse, Oztag, Softball and Volleyball. We will also run an intraschool competition for the remaining students where students will rotate through Basketball, Oztag and Softball for two competitive games each Friday.

Our district swimming team will be selected this term and compete at MSAC on Tuesday March 6th.

Students with excellent skills in Cricket, AFL, Basketball, Soccer and Netball are able to apply for consideration for involvement with State level teams. Details can be found at <http://www.ssv.vic.edu.au/team-vic> and registration must be completed before 1st March. The school is limited to 3 students per trial.

Physical Education

Please ensure students are dressed with runners, hats and sunscreen to take part in PE lessons. Students with a medical condition or injury need to bring a note to ensure that they can take part as much as possible without injury.

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

Follow rules when participating in physical activities

Year 1 and 2

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

Incorporate elements of effort, space, time, objects and people in performing simple movement sequences

Discuss the body's reactions to participating in physical activities

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

Adopt inclusive practices when participating in physical activities

Apply innovative and creative thinking in solving movement challenges

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

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