

Physical Education Term Three 2018

Term Three includes our indoor focus on rhythmic and expressive movements in gymnastics and developing the fundamental movements of landings, locomotion, springs, rotations and holding static positions. Some classes will have coaches made possible through the sporting schools grant. Another indoor focus will be skipping. Our House Athletics carnival is booked for Friday 17th August and students will be conducting training in technique during the sport allocation on Fridays to prepare for this event. After the House Athletics the students will focus on game play and tactics in a range of winter sports.

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