2015 Physical Education/Sport Term One Newsletter

**Foundation** - This term we introduce the students to basic movement skills such as run/walk/hop/skip/jump, balancing on one foot and walking heel toe. They are given time to individually play with beanbags and hoops. They are taught ball handling skills-catch, kick, rolling and stopping and throwing as well as simple rules and fair play through a mixture of skills sessions and playing small games.

**Year 1 and Year 2** - This term the students continue refining and further developing ball handling skills such as throwing, catching, rolling, stopping, bouncing and kicking through the use of skills sessions and simple games such as tunnel ball, poison ball, kick ball, keepings off and modified basketball. We also focus on improving their basic movement skills such as running, skipping, hopping and jumping along with fitness levels.

**Year 3 and 4** – This term the students focus on their fitness levels, improving their ball handling skills such as dribbling, throwing, catching, two handed strike and participating in cooperative games and activities. They are introduced to the sport specific skills of volleyball and basketball.

**Year 5 and 6** - This term the students are introduced to the sport specific skills of volleyball, rounders, Oz tag, cricket and basketball. They aim to increase their fitness levels through a variety of activities, games and circuits. They are involved in playing team sports and learning the importance of Fair Play, rules, team work and cooperation both through Interschool Sport and PE sessions.