

Physical Education Outline

Term Three, 2018

Overarching Outcome-

Attitudes and Values – students identify attitudes and values for a healthy, active lifestyle and demonstrate values consistent with the prevention of ill-health; the acceptance of personal responsibility for their health and physical activity levels; respect for social justice principles; and a commitment to personal achievement.

Pre-Primary – Athletics Focus

Moving Our Body – jumping, hopping, bowling, balancing, bouncing and running

Learning through Movement-Strategies that will assist with involving everyone in games, cooperation skills in partner and group work during physical activity, simple rules and fair play in partner, group activities and minor games.

Year One-Athletics Focus

Moving Our Body – hopping, soccer side-foot kicking, catching, running

Learning through Movement-Strategies that will assist with involving everyone in games, cooperation skills in partner and group work during physical activity, simple rules and fair play in partner, group activities and minor games.

Year Two-Athletics Focus

Moving Our Body-control of objects in simple games, kicking, running

Understanding Movement-ways to maintain a balanced position whilst performing varying skills in different games for team games, discuss bodies response to physical activity, simple games which involve a combination of movement skills

Learning Through Movement- Positive choices when participating in group activities, such as:

- dealing with winning and losing
- encouraging team-mates

Importance of rules and fair play in partner, group activities and minor games

Year Three-Athletics Focus (Leader Ball, Pass Ball, Tunnel and Zig, Turbo Jav, Long Jump, 80 m sprint, 200 m sprint, 400 m sprint, shuttle relay)

Moving Our Body-underarm throw, run, hop, navigating an obstacle course

Understanding Movement-benefits of regular physical activity and physical fitness to health and wellbeing, movement skills that combine the elements of effort, space, time, objects and people; and cooperation skills to ensure everyone is included in all physical activities.

Year Four-Athletics Focus (Leader Ball, Pass Ball, Tunnel and Zig, Turbo Jav, Long Jump, 80 m sprint, 200 m sprint, 400 m sprint, circular 4 x 100 m relay)

Moving Our Body-underarm throw, running; and ways to maintain a balanced position when *connecting movements*.

Understanding Movement-benefits of regular physical activity, movement skills that combine the elements of effort, space, time, objects and people.

Learning Through Movement-cooperation skills

Year Five-Athletics Focus (Leader Ball, Pass Ball, Tunnel and Zig, Turbo Jav, Long Jump, Shot Put, 100 m sprint, 200 m sprint, 400 m sprint, circular 4 x 100 m relay)

Moving our body-Fundamental movement skills demonstrating adjustment of force and speed to improve accuracy and control.

Understanding Movement-understand the benefits of regular physical activity and; manipulation and modification of the elements of effort, space, time, objects and people.

Learning through movement-Responsibilities of different roles in a range of physical activities, such as: player, coach referee/umpire, and; applying rules in all game situations.

Year Six-Athletics Focus (Leader Ball, Pass Ball, Tunnel and Zig, Turbo Jav, Long Jump, Shot Put, 100 m sprint, 200 m sprint, 400 m sprint, circular 4 x 100 m relay)

Moving our body-Fundamental movement skills demonstrating adjustment of force and speed to improve accuracy and control.

Understanding movement-Benefits of regular physical activity and physical fitness to health and wellbeing:

Learning through movement-Interpersonal skills in physical activities, such as: encouragement of others, negotiation and sharing roles and responsibilities, dealing with conflicts and disagreements