Physical Education Outline

Term Three, 2019

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
- a commitment to personal achievement.

Kindergarten
Children will participate in activities focusing on action words: ‘in, out, fast, slow, balance, into, along, around, up, down, on, over, from, to, through, side, between, away from, towards’.
The major skill focus for this term will be running, along with throwing and ball rolling activities.

Pre-Primary
Skill focus - running, jumping, catching, balancing, simple team games, following rules of games
Language focus - through, up, in, around, down, on, along, side, balance, out, between, both, either side, pull, on, end, up, high, forward, backward, left, right, in order, along, throw, at, centre, together, apart, outside, corner, first, last, next, beginning

Year One
Skill focus – running, sprint starts and finishes, running baton relays, jumping, dodging, kicking, catching, simple team games involving throwing, catching and running
Language Focus - forward, backward, left, right, along, up, from, to, on, order, both, beside, either, around, corner, down, back, forth, other, through, square, circle, along, next, order, between, in straight, balance, side, over

Year Two-Athletics Focus
Skill focus - control of objects in simple games, kicking, running, sprint starts and finishes, dodging, chest passing
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, 80m sprint, 200m sprint, 400m 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, 80m sprint, 200m sprint, 400m sprint, circular 4 x 100m 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, 100m sprint, 200m sprint, 400m sprint, circular 4 x 100m 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, 100m sprint, 200m sprint, 400m sprint, circular 4 x 100m 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.