PE Unit Descriptions Term 1 2015…

Prep

‘Let’s get moving” … children develop the fundamental movement skills of running, hopping, jumping and galloping through active participation in activities, games and movement challenges. Perceptual Motor Program activities are included in every lesson.

Yr 1

‘Bean Bag Games’ … children develop their fundamental movement skills while completing bean-bag activities and challenges within groups of varying sizes. Perceptual Motor Program activities are included in every lesson.

Yr 2

“Kick it, Hit it” … children perform the object control skills of kicking and striking while participating in minor games and team challenges. Perceptual Motor Program activities are included in every lesson.

Yr 3

‘Kicking and Passing” … children will be developing kicking and passing skills in different games and sports. They adopt inclusive practices and apply strategies for working cooperatively. They also apply rules fairly.

Yr 4

“Hit it, catch it, field it, throw it” …. students develop and apply overarm throwing and object control skills (with small balls) to participate in various striking and fielding games. They apply rules fairly. In the last few weeks of term will refine skills and strategies in readiness for Term 2 inter school sport

Yr 5

‘Master Blaster’ … children will develop fundamental movement skills within the context of modified cricket. They work collaboratively and apply concepts of fair play while participating in physical activity. In the last few weeks of term will refine skills and strategies in readiness for Term 2 inter school sport

Yr 6

“Fitness Fun”… children will develop specialised movement skills within different fitness contexts. They participate in physical activities designed to enhance fitness, and discuss the impact regular participation can have on health and wellbeing. In the last few weeks of term will refine skills and strategies in readiness for Term 2 inter school sport