

Physical Education Term Overview Term Three, 2017

The following is an overview of the Physical Education skills students from Pre primary to Year Six will cover this term.

Pre Primary

- The Perceptual Motor Program (PMP) has children working through a sequence of experiences to develop perception and motor outcomes along with memory training. It aims to develop, through movement, motor skills that are related to the child's own needs, in the areas of eye/hand, eye/foot coordination, locomotion, balance and fitness.
- Ball sports: Hand/eye coordination skills will be developed so children can control a ball through a variety of skills and games. Children will experiment with different ways of moving large balls to include bouncing, throwing, catching and rolling.
- Movement with ropes: Leaping and jumping over ropes will continue to be practiced to extend the movement, agility/control and coordination of the students.

Year One/Two

- Ball sports: Hand/eye coordination skills will be developed to control a ball through a variety of skills and games. Children will experiment with different ways of moving large balls to include bouncing, throwing, catching and rolling.
- Body conditioning: Upper body posture, balance and weight-bearing activities, including the ability to balance and maintain various weight-bearing positions, will be developed.
- Movement with ropes: Leaping and jumping over ropes will continue to be practiced to extend the movement, agility/control and coordination of the students.

Year Three

- Athletics: Skills involved in track and field events that result in optimal performance will be developed in preparation for the Athletics Carnival. Turbojav throwing techniques will be practised while running and long jump techniques will also be developed.
- Ball sports: Hand/eye coordination skills will continue to be developed through a variety of ball games. Students will practise a

variety of team ball games in preparation for the Athletics Carnival.

- Physical Fitness: Endurance, mobility, flexibility and strength will develop physical fitness in preparation for the Athletics Carnival this term.

Year Four

- Ball sports: Hand/eye coordination skills will continue to be developed through a variety of ball games. Students will practise skills associated with the game of netball and practise a variety of team ball games in preparation for the Athletics Carnival.
- Athletics: Skills involved in track and field events that result in optimal performance will be developed in preparation for the Athletics Carnival. Turbojav throwing techniques will be practiced whilst running and long jump techniques will also be further developed.

Year Five/Six

- Athletics: Skills involved in track and field events that result in optimal performance will be developed in preparation for the Athletics Carnival. Specific throwing techniques required for turbojav and shotput will be practised. Running and long jump techniques will also continue to be developed.
- Ball sports: Hand/eye coordination skills will continue to be developed through a variety of ball games. Students will play netball in preparation for the Interschool Carnival and practice a variety of games in preparation for the Athletics Carnival.
- Ball sports: Foot/eye coordination skills will be developed through a variety of ball games. Students will play football and practise a variety of skills including kicking, marking and handballing.