



Sacred Heart Parish School

SANDRINGHAM

PE Overview - Term 3 2026

The Term 3 Physical Education program aims to provide students with a diverse range of learning experiences that promote skill development, physical fitness, teamwork, and confidence in movement. Throughout the term, students will continue to develop their fundamental movement skills, explore game-based strategies, and participate in activities that encourage cooperation, resilience, and lifelong participation in physical activity.

Prep

Our youngest students will continue developing their fundamental movement skills through activities including hopping, skipping, running and jumping. They will build hand-eye coordination through throwing, catching and tracking activities while learning to move safely in shared spaces. Prep students will also develop confidence in participating in group activities by taking turns, following simple rules and working cooperatively with others.

Year 1

Year 1 students will practise a range of locomotor skills with increasing control and balance, including running, jumping, hopping and skipping. They will continue to develop hand-eye coordination through throwing, catching and striking activities using a variety of equipment. Students will participate in modified games that encourage teamwork, communication and problem-solving while developing confidence in applying movement skills in different environments.

Year 2

Year 2 students will continue refining their fundamental movement skills and begin applying them in more complex movement challenges. Through individual, partner and small-group activities, students will explore different ways of throwing, catching, striking and moving with control. They will also be introduced to simple game strategies while developing cooperation, spatial awareness and decision-making skills.

Year 3

Year 3 students will focus on improving the consistency and accuracy of their movement skills while developing greater speed, coordination and agility. Through modified team games, students will apply movement skills in game situations, work collaboratively with teammates and begin exploring simple offensive and defensive strategies. Emphasis will also be placed on effective communication, fair play and positive participation.

Year 4

Year 4 students will continue refining their movement skills through drills and modified games that develop agility, reaction time and coordination. They will explore more advanced offensive and defensive strategies while applying these concepts in a variety of team-based activities. Students will also continue developing teamwork, resilience and the ability to make effective decisions during gameplay.

Year 5

Year 5 students will further develop their understanding of game play by applying strategies in both cooperative and competitive activities. This term, students will participate in a Sport Education in Physical Education Program (SEPEP), where they will work as part of a team while taking on a variety of roles such as player, coach, umpire and team manager. Through the SEPEP model, students will develop leadership, communication, teamwork and decision-making skills while learning to share responsibility for the organisation and success of their team. They will refine specialised movement skills, apply game strategies in authentic sporting contexts and demonstrate fair play, respect and positive sportsmanship. These learning experiences support curriculum outcomes including refining movement skills, applying movement strategies and demonstrating ethical behaviour in physical activity settings.

Year 6

As Year 6 students begin their final semester of Primary Physical Education, there will be a strong focus on executing specialised movement skills with confidence and precision across a variety of physical activities. This term, students will participate in a Sport Education in Physical Education Program (SEPEP), where they will experience authentic sporting seasons by taking on a range of roles such as player, coach, umpire, team manager and scorer. Through the SEPEP model, students will develop leadership, teamwork, communication and decision-making skills while taking greater responsibility for their own learning and the success of their team. They will also apply advanced game strategies, reflect on individual and team performance, and contribute to creating

safe, respectful and inclusive sporting environments. These learning experiences encourage resilience, collaboration and lifelong participation in physical activity.

Dendy Sports

Dendy Athletics Carnival - Friday August 28th 2026 at Bricker Reserve

Following our School Sports Carnival in Term 1, selected students will compete in the Dendy District Athletics Carnival. Events include sprints, relays, high jump, long jump, triple jump, high jump, hurdles, discus, shot put and distance running (800m & 1500m events). Students may participate in a maximum of two individual events and one relay. This is a key date in the school's sporting calendar and we look forward to seeing our students represent the school. More information about the Dendy Athletics Carnival will be communicated via nForma portal.