


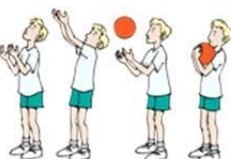




PHYSICAL EDUCATION

Term 1 Curriculum Overview 2025

A major focus for all year levels at the start of the term will be team building and cooperative challenges. This term we have chosen the theme: **TEAMWORK**. What does it look like? What does it sound like? What would it feel like to be a part of a great team?

We continue the main ethos of **THE THREE C's: cooperation, communication, collaboration**. This ethos remains at the centre of all our learning. We will look at problem solving to gain successful outcomes for the small or large group.

<p><u>PREP</u></p>  <p>to throw to catch</p>	<p>Welcome all new preps!</p> <p>The focus this term is primarily about learning school procedures and following instructions in an outside environment. As skills, listening and understanding improve, we build up to tag games, minor games and tabloid games in preparation for our Sports Day at the end of term. We introduce a range of sporting equipment, focusing on hand eye coordination and using space and equipment safely. Fundamental Motor Skills such as catch, throw, running and dodge, will be a focus.</p>
<p><u>YEAR 1 & 2</u></p> 	<p>This term, students will undertake skills and games that require the development of throwing and catching skills. There is an emphasis on minor games that require a range of team work and thinking skills to achieve successful outcomes. Students begin to take greater care in equipment and identify examples of fair play and following rules.</p>

<p><u>YEAR 3 & 4</u></p> 	<p>Students will be working on applying the skills and tactics required in games involving catching and throwing. We will introduce more challenging games with catching and throwing as a primary focus, such as Keepings Off, modified European Handball, Netball and Newcombe.</p> <p>Students will also be introduced to fitness testing, to give them a measure and starting point of current fitness levels. An agility test will be conducted to measure this and redone later in the year.</p>
<p><u>YEAR 5 & 6</u></p> 	<p>Students begin Interschool Sport in Week 3 with Cricket, Volleyball and Basketball as the options. In preparation for this, students will practise matchplay for each sport. Physical Education classes in Semester 1 work towards developing skills and games sense that are required for a majority of sports such as Netball, European Handball and Touch Rugby, and focus on continuing the development of catch and throw skills. We will also do a range of fitness tests and personal measurements to give students a measure of their fitness and how it develops over time.</p>

It is important that the skills and learnings that are taught during Physical Education sessions are practised regularly at home, in the park and in a range of outside of school programs. Students are encouraged to get outside and play with a range of balls and equipment and spend less time on electronic devices. There are a variety of programs you can enrol your child into to develop these skills such as AusKick, Ready Steady Go Kids, Netta, Cricket Blast, Hot Shots tennis, Swim clubs and Aussie Hoops. It's social, fun and will benefit them physically, mentally and socially as they progress through school.

Matthew O'Shea
Physical Education Teacher