

St James Brighton Primary School



Physical Education Foundation-3 Term 3 2019

Students will have the opportunity to learn the following sports in Physical Education classes in Term 3.

Year Foundation

Weeks 1-4 Basketball: The children will develop the skill of dribbling the ball whilst stationary and moving. They will be introduced to the correct technique for shooting and will further develop their skills of working together in game situations. They will develop skills in all these areas through different activities and games.

Weeks 5-7 Gymnastics: The children will develop the skills of balance, locomotion and rhythm.

Weeks 7-10 Skipping: The children will be introduced to the skills of skipping with individual and long ropes. They will develop the correct technique to jump the rope through various activities. They will have the opportunity to participate in a skipathon at Lunchtimes.

Year 1 -2

Weeks 1-4 Basketball: : The children will further develop the correct technique for dribbling, passing, bounce passing, shooting, defending, attacking, intercepting and defending. They will have the opportunity to participate in Basketball games at Lunchtimes.

Weeks 5-7 Gymnastics: The children will further develop the skills of balance, locomotion and rhythm.

Weeks 7-10: Skipping: The children will work on developing skipping routines and sequences, using individual and long ropes. They will have the opportunity to participate in a skipathon at lunchtimes.

Year 3

Weeks 1-4: Basketball: The students will continue to extend their Basketball skills by having the opportunity to further work on dribbling, shooting/lay-ups, footwork, passing, intercepting/blocking, rules for Hoop time. They will have the opportunity to participate in Basketball games at Lunchtimes.

Weeks 5-7:Gymnastics: The students will have the opportunity to develop their skills of balance, locomotion and rhythm.

Weeks 7-10: Skipping: Students will have the opportunity to further extend their skipping skills through skipping with a 2 beat jump. Following sequences and Long rope activities. They will have the opportunity to learn more complicated skills with individual and long ropes.

SPECIALIST TIMETABLE

Week A

		9 - 10	10 - 11	Recess	11.30 - 12.30	12.30 - 1.30	Lunch	2.30 - 3.30
Mon	Art	4C	Release Art		5C	Year 6		5M
	Perf Arts	Release PA	4C		Year 6	5M		5C
Tues	Art	Year 2	Prep		Year 1Q	Year 1		3
	Japanese	Year 1	4C		3	2		Prep
	PE CK	Prep	3		Year 1	Year 1Q		2
	PE GM	4C	Year 6		Release GM	5M		5C

Week B

		9 - 10	10 - 11	Recess	11.30 - 12.30	12.30 - 1.30	Lunch	2.30 - 3.30
Mon	Art	Year 1Q	Year 1		Prep	2		3
	Perf Arts	Year 1	Year 1Q		2	3		Prep
Tues	Art	5C	Year 6		5M	Release Art		4C
	Japanese	Year 1Q	5M		5C	Year 6		Release LOTE
	PE GM		5C		Year 6	4C		5M
	PE CK	Year 1	2		Prep	3		Year 1Q

Thank you for your ongoing support,
 Regards
 Chris Kidman