

### Physical Education Term Three 2023

Term Three includes our indoor focus on rhythmic and expressive movements in gymnastics and developing the fundamental movements of landings, locomotion, springs, rotations and holding static positions. Another indoor focus will be skipping. Our House Athletics carnival is booked for Thursday 24<sup>th</sup> August and students will be conducting training in technique and rules during the sport allocation on Fridays to prepare for this event. The athletics events are high jump, long jump, triple jump, discus, shotput, 100m, 200m, 800m and 1500m running and 80m hurdles. Our most successful competitors will compete at the District Athletics event on Tuesday September 12<sup>th</sup>. After the House Athletics the students will focus on game play and tactics in a range of winter sports.

#### Foundation

Practise fundamental movement skills and movement sequences using different body parts and in response to stimuli in indoor and outdoor settings

Participate in games with and without equipment

Follow rules when participating in physical activities

#### Year 1 and 2

Perform fundamental movement skills in different movement situations in indoor and outdoor settings

Incorporate elements of effort, space, time, objects and people in performing simple movement sequences

Discuss the body's reactions to participating in physical activities

#### Year 3 and 4

Practise and refine fundamental movement skills in different movement situations in indoor and outdoor settings

Perform movement sequences that link fundamental movement skills for sport skills

Adopt inclusive practices when participating in physical activities

Apply innovative and creative thinking in solving movement challenges

#### Year 5 and 6

Practise specialised movement skills and apply them in different movement situations in indoor, outdoor and aquatic settings

Propose and apply movement concepts and strategies

Participate in physical activities designed to enhance fitness, and discuss the impact of regular participation on health and wellbeing

Participate positively in groups and teams by encouraging others and negotiating roles and responsibilities

Apply critical and creative thinking processes in order to generate and assess solutions to movement challenges

Demonstrate ethical behaviour and fair play that aligns with the rules when participating in a range of physical activities