

## Physical Education Term Four 2023

Term Four will see students refocus on a variety of summer sports and the movement skills and teamwork required for them. Students will develop movement skills in water during the Swimming Program and consider the safety aspects of swimming and the beach environment. Years 4, 5 and 6 will train for and play the full range of summer sports, basketball, cricket, lacrosse, oztag, softball and volleyball in preparation for term 1 next year. Venues will include Beaumaris Reserve and the school grounds.

### Foundation

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