



2026 PHYSICAL EDUCATION **Term 3 Overview**

Physical Education lessons this term will continue to follow a Games Sense approach, encouraging students to develop skills through engaging games and problem-solving activities. Learning experiences are aligned with the Victorian Curriculum 2.0 and are designed to develop movement skills, confidence, teamwork, resilience, and a lifelong enjoyment of physical activity.

Prep 	This term, Prep students will continue to develop confidence and enjoyment in movement through a Games Sense approach. Following our NAIDOC Week activities, students will develop Fundamental Motor Skills, with a focus on skipping, balancing, and hopping through engaging games and movement challenges. Students will also participate in a gymnastics unit, developing body control, balance, coordination, and safe movement using a variety of equipment. Throughout the term, students will continue to develop teamwork, listening skills, and safe participation while also being introduced to basic athletics activities.
Year 1/2 	Year 1 and 2 students will continue developing their Fundamental Motor Skills through fun, game-based lessons. Following our NAIDOC Week focus, students will practise skipping, jumping, landing, rolling, and balancing before applying these skills in modified games. Students will also participate in a gymnastics unit, developing body control, balance, and movement sequences using a variety of equipment. During the second half of the term, students will begin an athletics unit, learning fundamental running, jumping, and throwing skills through engaging activities.
Year 3/4 	Year 3 and 4 students will begin the term exploring Indigenous games and perspectives during NAIDOC Week before moving into an athletics unit. Students will develop running, jumping, and throwing techniques through engaging skill challenges and modified athletics events while building teamwork and strategic thinking. Students will also undertake a gymnastics unit, developing body control, balance, rolling, jumping, and landing skills using a range of apparatus. Throughout the term, there will also be a focus on improving personal fitness and preparing interested students for District Athletics.
Year 5/6 	Year 5 and 6 students will continue to develop tactical awareness and teamwork through a Games Sense approach. Following our NAIDOC Week activities, students will complete an athletics unit focusing on sprinting, relays, jumping, and throwing events while continuing to develop fitness and movement efficiency. Students will also participate in a gymnastics unit, refining body control, balance, rolling, jumping, and movement sequences using a range of apparatus. Throughout the term, students will apply their skills in modified competitions while preparing for District Athletics opportunities.