

# St James Brighton Primary School



## Term 3, Years 4-6 Physical Education Overview 2019

### Week 1

During week one students will be able to test their skipping skills by competing individual, paired and group skipping activities. Skipping is a fundamental motor skill for life and many of the skills used in skipping can be transferred to numerous areas of fitness. Including cardiovascular endurance, flexibility and agility.

### Week 2-4

Basketball in weeks 2-4 will cover the basketball gross motor skills of throwing, catching, dribbling and two different shooting styles. Students will also be given the opportunity to work as a team and engage in strategies during to work effectively. Students will also be encouraged to try out for a Hoop Time team.



### Week 5-7

T-ball focuses on the ability to hit an object with an implement whilst stationary. Students will be shown the correct technique for holding a bat and striking a stationary ball. We will complete many fun drills and games enabling students to catch and throw with a mit as well as understanding the rules of the game and the importance of throwing with accuracy.



### Week 8-10

Gymnastics will include floor routines as well as the beam. Students will learn skills such as rolling, handstands and cartwheels as well as balances. Students will be taught how to engage all muscles in order to use their strength to allow them to complete many of the skills needed to be a good gymnast.

## 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,

Georgia McNamara