

## TERM 4 PHYSICAL EDUCATION-2019

### FOUNDATION

Week 1 -3- Hot Shots Tennis- The students will have the opportunity to explore and develop their Tennis skills. Through various activities and games they will explore different ways of moving with the racquet and ball. They will develop their skills for the forehand and backhand shot. They will participate in modified game play and learn how to keep a tally of points.

Week 4-6 Cricket- The students will have the opportunity to develop the skills that are fundamental to the game of Cricket such as: Underarm and overarm throwing and catching, running between wickets and defending the wickets, batting, bowling and fielding. They will participate in modified game play.

Week 7-9 Hockey- The students will have the opportunity to develop the skills related to Hockey. They will be introduced to how to hold a hockey stick, how to dribble the ball, pass the ball and shoot for goals. They will be introduced to small sided modified game play.

Week 10-11- T-Ball- The students will have the opportunity to develop their striking skills, running bases, fielding, throwing & catching skills. They will be introduced to mini T-Ball games, rules and procedures.



### YEAR 1-2

Week 1-3- Hot Shots Tennis: The students will have the opportunity to continue to extend and develop their Tennis skills through the Hot Shots Program. They will do this through varied activities. They will have the opportunity to develop an understanding of using space, height and how to propel a ball accurately towards a target. They will further develop their forehand/backhand stroke and learn to play the New York Classic game.

Week 4-6- Cricket- The students will have the opportunity to further develop their Cricket skills focusing on Batting, Bowling, Throwing/Catching and Fielding. The students will participate in modified game play.

Week 7- 9- Hockey- The students will have the opportunity to explore the skills related to hockey. They will participate in activities that will develop their skills in dribbling, passing, shooting and game play.

Week 10-11- T-Ball- The students will have the opportunity to further develop their striking skills, throwing and catching, fielding and running bases. They will participate in modified game play.

### YEAR 3

Week 1-3- Hot Shots Tennis: The students will have the opportunity to further develop the forehand, backhand and volley strokes. They will have the opportunity to learn how to move in limited space. Develop and understanding of Tennis rules and etiquette. Learn how to play Melbourne open backyard classic.



Week 4-6- Cricket- The students will have the opportunity to further develop their cricket skills-Bowling, pace off spin and leg spin. Wicket keeping, forward defence batting and game play.

Week 7-9- Hockey- The students will have the opportunity to further extend their skills in hockey. Focusing on dribbling, attacking/defending, goal shooting and game tactics.

Week 10-11- T-Ball- The students will have the opportunity to further develop their batting, fielding and throwing/catching skills. They will have the opportunity to learn how to field ground and fly balls, how to move towards the ball and learn the rules for game play.

