

## **Term 1 2021**

### **Physical Education Overviews**

This term will see a focus on athletics and striking and fielding in the senior levels and the fundamental motor skills in the junior levels. Students will learn a range of movements in the areas of track and field, catching and spatial awareness.

In **Prep**, students will learn the basic techniques for catching and rehearse this through a variety of activities and games. They will develop their spatial awareness so that they can move and participate safely in Physical Education. They will also use a range of equipment to create easier or harder situations which matches their abilities to ensure they continue to develop their skills.

In **Year One and Two**, students will continue to develop their skills in catching and rehearse them through a variety of activities and games. They will use a range of equipment to create easier or harder situations which matches their abilities to ensure they continue to develop their skills.

In **Year Three and Four**, students will learn and develop a range of movements in the areas of track and field. They will use these skills to develop movement patterns in order to participate in and improve their performances in jumping, throwing and running events. Students will also develop their striking and fielding skills by rehearsing these through a variety of activities and games.

In **Year Five and Six**, students will continue to develop a range of movements in the areas of track and field. They will use these skills to develop movement patterns in order to improve their performances in jumping, throwing and running events. Students will also continue to develop their striking and fielding skills by rehearsing these through participating in the sport T-Ball.