



St James

Catholic Primary School, Brighton

Physical Education Newsletter

Term 1, 2023

Year 5 and 6

During Term 1 students in year 5 and 6 will be focussing on Minor Games, Soccer and Athletics to prepare for the St James Athletics Carnival to be held on Tuesday 4th April. Students will also be consolidating their skills in Soccer, one of many invasion sports we will be learning. The skills of Invasion sports give students the opportunity to work both offensively and defensively. As well as learning the skills of teamwork, keeping possession, scoring and defending.

Week 2-3

Beginning our year with Minor Games will allow students to be reminded of working as a team during Physical Education. This will also give students the opportunity to be reminded of the expectations that are required during Physical Education; how to listen to and follow rules of games.

Week 4-6

During weeks 4-6 we will be focussing on Soccer to give students the opportunity to work on increasing their Soccer skills. Trials will be held later in the term to choose the St James Soccer teams for 2023.. Students will learn to further enhance the fundamentals of Soccer such as kicking, trapping and dribbling the ball, however; students will also learn team strategies and continue to understand how invasion games work.

Week 7-10

During week's 7-10 students will be practising the skills required to compete at the St James Athletics Carnival in the first week of April. Events will include; high, long and triple jump, discus and shot put as well as the following running events: 100, 200 and 800m's plus hurdles. Students will begin the lesson by completing a cross country circuit around St James to begin to prepare them for the Holt District cross country on the 5th May.

Specialist Timetable 2023

Week A								
Day 1 TUES	9.00am - 10.00am	10.00am - 11.00am	11.00am - 11.30am	Eating Time 11.40am	11.40am - 12.40pm	12.40pm- 1.40pm	1.50pm - 2.30pm	2.30pm - 3.30pm
PE Georgia	5*	6*			DP Planning	2		Planning (PE)
PE Chris	3	4			1	Prep		Planning (PE)
LOTE (Italian) Celeste	6*	5*			2	1		Prep

Week B								
Day 1 TUES	9.00am - 10.00am	10.00am - 11.00am	11.00am - 11.30am	Eating Time 11.40am	11.40am - 12.40pm	12.40pm- 1.40pm	1.50pm - 2.30pm	2.30pm - 3.30pm
PE Georgia	5*	6*			DP Planning	2		Planning (PE)
PE Chris	3	4			1	Prep		Planning (PE)
LOTE (Italian) Celeste	6*	5*			2	1		Prep

Thank you for your ongoing support,

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School Website: www.stjamesbrighton.catholic.edu.au

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Please visit the Victorian Curriculum website for further information about what your child will be learning at this level.

<https://victoriancurriculum.vcaa.vic.edu.au/>