

Term 4 PE Overviews

Prep

Term 4 PE will provide Prep students with further opportunities to develop their fundamental movement and hand-eye coordination skills through a variety of enjoyable activities. Students will explore different ways of moving and manipulating equipment while developing their ability to work cooperatively with others. Lessons will include basketball dribbling, cricket-inspired activities and a range of coordination games, with a focus on following instructions, sharing equipment and participating positively.

Year 1

Throughout Term 4, Year 1 students will continue to build their movement, coordination and teamwork skills through a variety of sporting activities and minor games. Students will also participate in a two-week Learn to Swim programme at the Danny Frawley Centre, where they will develop their swimming ability and water safety knowledge with experienced instructors.

Students will be introduced to the Jump Rope for Heart programme, using a range of skipping activities and challenges to develop cardiovascular fitness, coordination and persistence. Minor games will also provide opportunities for students to practise their skills while working cooperatively and demonstrating fair play.

Year 2

Term 4 will provide Year 2 students with opportunities to further develop their sporting skills through cricket and a variety of team-based activities. Students will work on key cricket skills while learning to communicate, cooperate and apply simple strategies during games.

The Learn to Swim program at the Danny Frawley Centre will form an important part of the term, with students working alongside qualified instructors to improve their swimming technique, confidence and water safety skills.

Students will also take part in the Jump Rope for Heart programme, developing their skipping ability and fitness while working towards personal goals. A range of minor games will complement the program and encourage active participation, teamwork and enjoyment.

Year 3

In Term 4, Year 3 students will develop their cricket skills through activities focused on batting, bowling and fielding. They will also explore game strategies and practise communicating effectively with teammates while demonstrating fair play and positive sporting behaviours.

Students will participate in the Learn to Swim programme at the Danny Frawley Centre, where they will work with experienced instructors to improve their swimming technique and develop greater confidence and safety in the water.

Jump Rope for Heart will also feature throughout the term, providing students with opportunities to improve their cardiovascular fitness, coordination and perseverance through a range of skipping challenges. Minor games will further encourage cooperation, movement and enjoyment.

Year 4

Year 4 students will take part in a varied Term 4 PE program designed to develop their sporting skills, fitness and ability to work effectively as part of a team. Cricket will be a key focus, with students refining their batting, bowling and fielding techniques while exploring strategies for successful gameplay.

As part of the Learn to Swim program, students will complete a two-week block at the Danny Frawley Centre. Working with professional instructors, they will focus on improving their swimming technique, confidence and water safety skills.

Students will also participate in Jump Rope for Heart, using skipping activities to develop coordination, fitness and perseverance. A selection of minor games will provide further opportunities to apply skills, work with others and stay active.

Year 5

Term 4 will see Year 5 students continue to develop their sporting abilities, teamwork and leadership through a variety of physical activities and challenges. The SEPEP (Sport Education Physical Education Program) model will continue throughout the term, providing students with opportunities to take on different roles and responsibilities within their teams, including player, coach, official and administrator. Students will develop their understanding of teamwork, fair play, leadership and responsibility while participating in modified sporting activities.

All Year 5 students will participate in the Learn to Swim program at the Danny Frawley Centre. Across the two-week program, qualified instructors will support students to refine their swimming technique, develop confidence and strengthen their understanding of water safety.

The Jump Rope for Heart program will also be introduced, encouraging students to challenge themselves through skipping activities that develop fitness, endurance and coordination. Minor games will round out the program, providing opportunities for teamwork, movement and enjoyment.

Year 6

Year 6 students will continue to build their sporting skills, leadership and teamwork throughout Term 4. The SEPEP (Sport Education Physical Education Program) model will continue, allowing students to take greater ownership of their PE experience through a range of team roles and responsibilities. Students will have opportunities to develop their leadership, communication, organisation and decision-making skills while participating in modified sporting competitions.

Students will also complete the Learn to Swim program at the *Danny Frawley Centre*. During the two-week program, experienced instructors will assist students in improving their swimming skills, confidence and knowledge of water safety.

Jump Rope for Heart will provide another opportunity for students to develop their fitness and coordination while setting personal goals and contributing to a wider community initiative. Minor games will also feature throughout the term, encouraging inclusive participation, teamwork and enjoyment of physical activity.