Physical Education Curriculum Overview

Term 4 2026

The Physical Education Program for all year levels will focus on some of Australia's great summer outdoor pastimes – Cricket and Tennis. Senior students will also participate in Badminton, which will be a new experience for some students, and revisit Field Hockey and Softball from previous years. Senior students will be expected to apply their skills in modified games and sports involving a striking and fielding component.

Junior students will focus on the fundamental movement skill of striking, using both one-handed and two-handed techniques, and the components surrounding this skill through gameplay. Students will progress from hitting a stationary ball to hitting a ball in motion. They will use these skills in modified games and sports, such as Tee-ball and Cricket Blast, and begin to apply simple tactics and strategies.

The whole school will participate in a Swimming Program at MLC. Aquatic Education is an integral part of the Physical Education Program that we value at Sacred Heart Kew. It is important that students maintain and develop their swimming skills throughout the year whenever possible. Your child will participate in a five-day Swimming Program with qualified swimming instructors at the Methodist Ladies' College (MLC) Swimming Centre. Please ensure you have completed the permission form on nForma.

Cricket

All year levels will be taught skills at an appropriate level to either introduce or enhance throwing and catching, bowling techniques, fielding, hitting stationary balls off a tee, hitting balls in motion, as well as overall game sense.

Cricket Australia has provided schools with physical equipment and game ideas that build on the T20 Blast and In2Cricket programs, which we will incorporate into our lessons.

Tennis

Utilising the oval space and tennis courts on site, students will enjoy learning and developing their tennis skills through modified equipment, such as low-compression balls, mini nets and smaller racquets, allowing equipment to be tailored to each individual.

We will focus on footwork, striking (forehand and backhand), rallies and overall game sense. In addition, Senior students will explore Badminton, including gameplay rules and match scoring. Junior students will continue to develop their hand-eye coordination skills and learn to safely use and maintain tennis equipment.

TeeBall/Softball

Students will participate in modified games of Tee-ball, using equipment appropriate and safe for their age group. Younger students will learn fielding, hitting stationary balls off a tee, as well as overall game sense and strategy. Using implements of different sizes will give students the opportunity to learn how the weight, length and material of an implement can affect the outcome of their strike.

What you can do at home:

- Set a goal to spend some time outside practising skills learnt at school for up to 60 minutes on the weekend.
- Have conversations about good sportsmanship, using favourite athletes as examples, and discuss what makes a good teammate and sporting role model.
- If you haven't already, please look into Netta, Level Up Basketball, Blasters and Master Blasters Cricket, or any other sporting organisation that offers programs for your children during the summer.

At Sacred Heart Kew, our focus is on effort, doing your best, encouraging positive sportsmanship, and learning how to respond appropriately in both winning and losing situations. This is more important than the ultimate result.

Matt O'Shea

Physical Education Teacher