

## **PE Overview**

Term 3 Physical Education program aims to provide a diverse range of activities that promote skill development, physical fitness, and a love for sport. By engaging in Australian Rules Football, Basketball, Athletics and focusing on overall fitness and well-being. Students will enhance their physical abilities and enjoy the benefits of an active lifestyle.

### **Prep**

Our youngest students will continue developing their foundational movement skills through activities that include hopping, skipping, running, and jumping. We will be working on basic ball-handling and hand-eye coordination through throwing, catching, and tracking activities. Prep students will also be learning how to participate safely, take turns, and follow simple rules in small group games.

### **Year 1**

Year 1 students will practise a range of locomotor skills with improved control and balance, including jumping, running, and skipping. They'll further develop their hand-eye coordination using beanbags and balls, while also learning to work as a team through small-sided games. This term, they will take part in an AFL clinic led by AFL Victoria instructors during Weeks 2 and 3, followed by a basketball session with a visiting coach in Week 3 which will give them the opportunity to apply their skills in new and engaging ways.

### **Year 2**

Students in Year 2 will continue to refine their fundamental motor skills and apply them in more complex activities. Through partner and group work, they'll explore different types of throwing and catching using equipment like high-bounce balls and foptails. They'll also be introduced to basic game skills and strategies used in football and soccer. This term includes AFL Victoria-led sessions in Weeks 2 and 3, along with a basketball clinic in Week 3, allowing students to learn from professional coaches and experience new challenges.

### **Year 3**

Year 3 students will be working towards more consistent and controlled movement execution, focusing on improving speed, coordination, and accuracy. They'll participate in small team games that encourage strategy, teamwork, and communication. Students will also continue to build their understanding of football and soccer. As part of our extended program, they will take part in AFL clinics run by AFL Victoria in Weeks 2 and 3, as well as a basketball session in Week 3, to further extend their sporting skills and experiences.

### **Year 4**

Year 4 students will refine their movement abilities through drills and modified games that develop agility, reaction time, and teamwork. They'll explore offensive and defensive strategies in team sports and continue to improve their football and soccer skills. In Weeks 2 and 3, students will enjoy specialised AFL sessions led by AFL Victoria, and in Week 3, they'll take part

in a basketball coaching session, offering further opportunities for growth in sport-specific contexts.

### **Year 5**

Year 5 students will build on their game understanding by applying strategies in both competitive and cooperative games. They will explore how to make quick decisions in gameplay, evaluate team performance, and show leadership during group activities. In addition to practising soccer and football skills, students will participate in AFL Victoria clinics (Weeks 2 & 3) and a basketball coaching session (Week 3). These experiences directly support curriculum outcomes such as refining movement skills, applying movement strategies, and demonstrating ethical behaviour in physical activity settings.

### **Year 6**

As Year 6 students begin their final semester of Primary Physical Education, there will be a strong focus on executing specialised movement skills with precision while demonstrating adaptability across different games and activities. They will develop advanced team strategies, reflect on performance, and consider their role in creating positive sporting environments. The AFL and basketball programs will allow students to extend their tactical understanding and apply it in high-energy, coached sessions. These clinics support key learning outcomes such as evaluating and refining gameplay, leadership and communication, and encouraging safe and inclusive participation in sport.

## **Sports Coordinator Newsletter**

Term 3 offers an exciting calendar of interschool sport opportunities for our senior students. These events allow students to develop their teamwork, communication, and leadership skills in a supportive yet competitive environment. We hope our run of success at sport events can continue throughout Term 3! Below is an outline of the events scheduled for this term:

### **Beachside AFL 9's Competition - Friday July 25th, 2025 at Centenary Park, Bentleigh East.**

Our selected team will represent our school at the Beachside Division AFL 9s Gala Day. This non-contact version of Australian Rules Football encourages strategic play, teamwork, and skill development. Students will be supported by staff on the day and participate in multiple short-format games against local schools.

### **Beachside Netball Competition - Monday July 28th, 2025 at Stonnington Sports Centre, Malvern East**

Our netball team will participate in the Beachside Gala Day, facing off against other schools in our division. Students have been preparing during PE and training sessions, and the day

provides a great opportunity to apply their teamwork, game strategies, and positional play in a competitive setting.

### **Hoop Time Basketball - Friday August 15th, 2025 at MSAC**

Selected Year 5 and 6 students will compete in the Hoop Time Basketball competition. Students will be placed in teams based on skill level and experience, with opportunities to participate in All Star Boys/Girls, Future Stars and Rookies divisions. This fun, fast-paced tournament gives students the chance to showcase their basketball skills, teamwork, and determination on court.

### **Dendy Basketball Carnival – Date & Venue TBC (Late Term 3)**

Students selected from Hoop Time may be invited to represent the school at the Dendy District Basketball Carnival. This event brings together the top-performing teams from our local schools for a day of high-level basketball. More information will be shared with selected students and families closer to the date.

### **Dendy Athletics Carnival - Friday August 22nd, 2025 at Bricker Reserve**

Following school trials, selected students will compete in the Dendy District Athletics Carnival. Events include sprints, relays, high jump, long jump, triple jump, high jump, hurdles, discus, shot put and distance running (800m & 1500m events). Students may participate in a maximum of two individual events and one relay. This is a key date in the school's sporting calendar and we look forward to seeing our students represent the school! More information about the Dendy Athletics Carnival will be communicated via nForma portal.