



Physical Education Curriculum Overview

Term 4 2025

The Physical Education Program for all year levels will focus on some of Australia's great summer outdoor pastimes - Cricket and Tennis. The Senior students will also attempt Golf, for the first time for some students, and revisit Hockey and Softball from previous years. The Senior students will be expected to apply the skills in modified games and sports involving a striking and fielding component.

The Junior students will focus on the fundamental movement skill of striking (one-handed and two-handed) and the components surrounding that skill through gameplay in TeeBall. Students will hopefully progress from hitting a stationary ball to a ball in motion. They will use the skill in modified games and modified sports.

All students will take part in a Tennis program run by the Sacred Heart Tennis Club and funded by the Sporting Schools Grant. Our regular coaches of lunchtime tennis will step in and give expert advice on how to improve on their tennis skills.

The entire school will be undertaking 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 so important that we maintain the skill throughout the year when possible. Your child will be participating in a 5 day Swimming program with qualified swim instructors at Methodist Ladies College (MLC) Swimming Centre. **Please ensure you have completed the permission form on Operoo.**



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 some physical equipment and game ideas that build on the T20 Blast and In2Cricket programs that we will follow.



Tennis

Utilising the oval space and tennis courts on site, we will enjoy the game of Tennis through modified equipment such as low compression balls, mini nets and smaller racquets so that equipment can be tailored to each individual.

We will focus on footwork, striking (forehand, backhand), rallies and overall game sense. In addition, our Senior students will revisit Badminton, including gameplay rules and scoring of matches, and revisit how to conduct themselves during matches. Junior students will continue to develop hand-eye coordination skills and learn to safely use and maintain tennis equipment.

TeeBall/Softball

Students will participate in modified games of TeeBall, with equipment 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 different size implements to strike with will give students the opportunity to learn how the weight, length and material that the implement is made of affects the outcome of their strike.

What you can do at home:

- Set a goal that time will be spent outside, practising skills learnt for up to 60 minutes on the weekend.
- Have conversations around good sportsmanship, as demonstrated by favourite athletes 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 body that offers programs for your children when they become available over the summer.

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

Matt O'Shea

Physical Education Teacher