



Physical Education Newsletter

Prep

In Term 1, Prep students will explore personal and general space, boundaries, levels, directions and pathways using fundamental movement skills such as marching, jumping, hopping and skipping. Students will participate in a number of obstacle courses where participation and cooperation with others will be assessed.

All students will learn and link the **4 B's** expectations in Physical Education:

B safe - to yourself, your class members and Mr Jaynes

B fair - by playing by the rules and taking turns.

B respectful - by listening to Mr Jaynes and your class members, helping others out and looking after the sports equipment.

B your best - by following all of the above B's and applying yourself to learn and participate to the best of your ability.

In the lead-up to our Athletics Carnival in Week 7, PE lessons will focus on developing skills and understanding of running, jumping and throwing events.

Years 1 & 2

In Term 1, Year 1 & 2 students will be focusing on hand/eye coordination. Students will develop the skills of throwing and catching through a range of mediums such as individual exploration, partner work, stationary and dynamic environments.

Year 1 students will be spending their lessons focusing on Athletics in preparation for our upcoming Athletics Carnival in Week 7. Students will be introduced to a range of age-appropriate running, jumping and throwing activities, with an emphasis on developing basic movement skills, following simple rules, and participating safely and confidently. Lessons will focus on having fun, trying their best, and building confidence while becoming familiar with the events they may take part in on carnival day.

Years 3 & 4:

Year 3 & 4 students will begin the year practicing and refining their fundamental movement skills. Students will participate in a range of cooperative activities which will assist in practicing and applying new concepts and strategies in a team environment. As the Term progresses Year 3 & 4 students will

develop hand-eye coordination through sports such as Cricket & Tennis. We will also focus on the Athletics events as we approach the Athletics carnival on March 13th.

Lessons will develop skills across a range of running, jumping and throwing events, with an emphasis on improving technique, understanding event rules, and participating safely and fairly. Students will practise skills such as sprinting, middle-distance running, long jump and various throwing events, while also developing confidence, resilience and sportsmanship. These lessons will support students in being well prepared, engaged and confident to participate on carnival day.

Years 5 & 6:

In PE, Year 5 and 6 students will be participating in a focused Athletics unit in the lead-up to our Athletics Carnival. Lessons will aim to further develop and refine skills across a range of track and field events, including sprinting, middle-distance running, jumping and throwing. Students will work on improving technique, understanding event rules, pacing and performance strategies, while building confidence and resilience in preparation for carnival day.

Alongside individual performance, there will be a strong emphasis on teamwork, leadership and appropriate behaviour in group settings. Through minor games, team challenges and cooperative activities, students will practise communication, encouragement and respect for others. As our senior students at Sacred Heart School, Year 5 & 6 students will be encouraged to take on leadership roles by modelling positive behaviour, supporting peers, resolving challenges fairly and contributing positively to their team. This focus supports the development of responsibility, sportsmanship and leadership skills, helping students represent their house and school with pride during the Athletics Carnival.