

# St James Brighton Primary School



## Physical Education

### Year Foundation-3 Term 2, 2019

Physical Education classes in Term 2 for the students in years Foundation-3 will be the following sports:

#### Year Foundation

**Week 1-2 Athletics:** The students will have the opportunity to learn the correct technique for sprinting, hurdling, throwing, jumping and relays through varied games and activities.



**Week 3-6 Soccer:** The children will develop the skills of the push pass and trap. Dribbling the ball using both feet.

**Week 7-10 Football:** Students will have the opportunity to learn Football and develop the skills of rolling both a round ball and a football. They will have the opportunity to learn the skills needed for marking, passing and kicking the football. They will have the opportunity to develop the skill of weaving, running and changing direction.

#### Year 1 -2

**Week 1-2 Athletics:** The students will have the opportunity to learn the correct technique for sprinting, hurdling, throwing, jumping and relays through varied games and activities.

**Week 3-6 Soccer:** The children will further develop the skills of controlling the ball when changing speed, direction and level.

**Week 7-10 Football:** Students will have the opportunity to learn through our Football program. The children will be introduced to the technique for kicking, bouncing, handballing, marking, stopping, gathering and controlling the ball. They will have the opportunity to learn how to make a fist for handballing the ball and how to kick towards a target. Students will work individually, in groups and team games. They will explore the skills through varied games and activities.



#### Year 3

**Week 1-2 Athletics:** The students will have the opportunity to develop their skills and learn the correct technique for sprinting, hurdling, long and triple jump, shot put and discus. They will

develop these skills and have the opportunity to be chosen for the **Holt district Athletics Carnival** through their performance at the school Athletic Carnival. The **St. James Athletic Carnival** will be held on **Wednesday 1<sup>st</sup> May** at Sandringham Athletics Track.

**Week 3-6 Soccer /X Country:** The students will have the opportunity to further extend their soccer skills through activities and games including rules and scoring. They will have the opportunity to develop drills to extend their skills.

**X Country-**The students will have the opportunity to improve their fitness through x country training at the beginning of the lesson each week and at lunchtimes. All students in Years 3-6 are eligible to compete in the **Holt District Cross Country Carnival**, which will be held at **Bald Hill Park** on **Friday 24<sup>th</sup> May**. The distance for the age groups are as follows:

**9/10 Age Group- 2 km**

**11 & 12/13 Age Group – 3 km**

**Week 7 – 10 Football:** The students will have the opportunity to learn the skills needed for football - kicking, handpassing, bouncing, marking, defending/attacking, rules, positions and game play.

### Specialist Timetable

|             |                  | 9 - 10     | 10 - 11     | Recess | 11.30 - 12.30 | 12.30 - 1.30 | Lunch | 2.30 - 3.30  |
|-------------|------------------|------------|-------------|--------|---------------|--------------|-------|--------------|
| <b>Mon</b>  | <b>Art</b>       | 4C         | Release Art |        | 5C            | Year 6       |       | 5M           |
|             | <b>Perf Arts</b> | Release PA | 4C          |        | Year 6        | 5M           |       | 5C           |
| <b>Tues</b> | <b>Art</b>       | Year 2     | Prep        |        | Year 1Q       | Year 1       |       | 3            |
|             | <b>Japanese</b>  | Year 1     | 4C          |        | 3             | 2            |       | Prep         |
|             | <b>PE CK</b>     | Prep       | 3           |        | Year 1        | Year 1Q      |       | 2            |
|             | <b>PE GM</b>     | 4C         | Year 6      |        | Release GM    | 5M           |       | 5C           |
|             |                  | 9 - 10     | 10 - 11     | Recess | 11.30 - 12.30 | 12.30 - 1.30 | Lunch | 2.30 - 3.30  |
| <b>Mon</b>  | <b>Art</b>       | Year 1Q    | Year 1      |        | Prep          | 2            |       | 3            |
|             | <b>Perf Arts</b> | Year 1     | Year 1Q     |        | 2             | 3            |       | Prep         |
| <b>Tues</b> | <b>Art</b>       | 5C         | Year 6      |        | 5M            | Release Art  |       | 4C           |
|             | <b>Japanese</b>  | Year 1Q    | 5M          |        | 5C            | Year 6       |       | Release LOTE |
|             | <b>PE GM</b>     |            | 5C          |        | Year 6        | 4C           |       | 5M           |
|             | <b>PE CK</b>     | Year 1     | 2           |        | Prep          | 3            |       | Year 1Q      |

Thank you for your ongoing support,

Chris Kidman – Physical Education- (Year Foundation – Year 3)