






2025 PHYSICAL EDUCATION **Term 3 Overview**

<p><u>Prep</u></p> 	<p>This term, we will continue to focus on learning school procedures and following instructions in inside and outside environments. We will continue to work with a range of sporting equipment including large balls, skipping ropes, hula hoops, focusing on coordination. Our focus Fundamental Motor Skills will be skipping, balancing and hopping on both feet. We continue to learn new warm up games and tag games to add to others learnt in Semester One. We will have a focus on body control with and without equipment. This will include an athletics and gymnastics unit.</p>
<p><u>Year 1/2</u></p>  	<p>Year 1 and 2 will undertake a gymnastics unit to focus on body movement with and without equipment. We will also cover some body control units focusing on jumping and landing, rolling and balance. Our focus Fundamental Motor Skills will be skip, roll, leap and hopping. An introduction to Athletics Track and Field events will take place, modified with lighter weights for throwing events, adjusted heights for hurdles and jump mat for leaping events. Throughout the term, there will be an emphasis on minor games that will require a range of team work and thinking skills, which will lead into Invasion games and using strategy to be successful in these types of games.</p>

<p><u>Year 3/4</u></p> 	<p>Year 3 and 4 will undertake units related to gymnastics, athletics and fitness. Our gymnastics unit will focus on body control, using beginner gymnastic apparatus to develop jumping and landing, rolling and balance skills. Our fitness unit will require students to undertake fitness tests of agility and cardiovascular endurance early in the term. Students will re-test themselves at the conclusion of Term 4 to see fitness growth over time and understand the importance of regular fitness activity. Our athletics unit will build on learnt skills in lower years to develop skills for District events in 2025 and beyond. Students will be attending a Soccer Gala Day in Term 3 and also have an opportunity to represent the school at District Athletics.</p>
<p><u>Year 5/6</u></p> 	<p>Students will continue to develop games sense through playing modified games of popular sports. Our fitness unit will require students to undertake fitness tests of agility and cardiovascular endurance early in the term. Students will re-test themselves at the conclusion of Term 4 to see fitness growth and understand the importance of regular fitness activity. Our gymnastics unit will focus on body control using gymnastic apparatus to develop jumping and landing, rolling and balance skills. Team work will be developed by helping one another complete some basic gymnastic movements such as cartwheel, handstand and forward and backward rolls. The students will continue learning about Invasion games as we focus on Hockey 7s (modified field hockey). We will revisit Athletics Track and Field events in preparation for District Athletics later in the term.</p>