

Healthy Eating and Physical Activity

This term our Physical Activity program will continue to develop Fundamental Movement Skills. These developmental skills are essential learning for all students if they are to enjoy the wide range of physical activities, sports and recreational pursuits offered in our communities. These skills are explicitly taught and practiced. Each child has been pleased with his/her skill development and progress in the following areas. Please refer to the skill criteria and continue to support your child's skill development during the term and the long summer school holidays.



forward roll

1. squatting position with knees between arms
2. chin tucked onto chest
3. hands on ground, shoulder width apart
4. both legs extend equally to push off the ground
5. roll onto back of head and shoulders
6. remain in flexed position to land



underhand roll

1. stand face on to direction of roll
2. stable head and trunk, eyes focused on target area
3. ball held in front of body
4. steps forward with opposite foot to throwing arm, bend knees
5. well timed release
6. follow through with straight arm



line balance

1. use a stepping action i.e. alternate feet
2. walk fluidly without pauses
3. keep both feet on the line with toes facing the front
4. head and trunk stable facing the front
5. use arms when necessary to maintain balance



overhand throw

1. stands side on to direction of throw
2. throwing arm moves in a downward and backward arc
3. opposite foot to throwing arm steps forward
4. hips then shoulders rotate forward
5. elbow bends as throwing arm moves behind head
6. forearm and hand lag behind upper arm
7. throwing arm follows through across body



jump for distance

1. ankles, knees and hips bend
2. eyes focused forward
3. arms swing behind body

4. legs straighten
5. both feet leave the ground together
6. arms swing forward and upward



skip

1. rhythmical and relaxed
2. performed on balls of feet
3. head stable, eyes focused forward
4. arms move in opposition to legs

verbal cues

* step forward and hop up * step - hop