

PHYSICAL EDUCATION TERM 1 OUTLINE

The Australian Curriculum: Health and Physical Education offers experiential learning, with a curriculum that is relevant, engaging, contemporary, physically active, enjoyable and developmentally appropriate. Integral to Health and Physical Education is the acquisition of movement skills, concepts and strategies that enable students to participate in a range of physical activities confidently and competently. In Health and Physical Education, students develop the knowledge, understanding and skills to support them to be resilient, to develop a strong sense of self, to build and maintain satisfying relationships, to make health-enhancing decisions in relation to their health and physical activity participation, and to develop health literacy competencies in order to enhance their own and others' health and wellbeing. (Australian Curriculum)

At Saint Francis Xavier the Health component of the curriculum is taught by the class teacher. The Physical Education component is covered in specialist Physical Education lessons.

Number of lessons per week: -

Prep and Year 1 – 1 x 40-minute lesson

Year 2 – 2 x 40-minute lessons

Year 3,4,5, and 6 – 1 x 40-minute lesson

During term 1, in specialist PE lessons we will be introducing, developing and evaluating the following units of work for each year level. All classes will be starting off the term by establishing their class rules and expected behaviours.

Prep and Year 1.

This term our focus will be on skills and concepts related to spatial awareness and direction. I will be introducing and developing the key concepts of up/down, in/out, on/off, in front/behind, under/over etc in several different physical ways. The children will also be working on their hand-eye coordination skills – skills that are related to rolling and stopping objects with their hands and feet, moving objects from hand to hand, passing objects to another person and receiving it again. The children will then be introduced to and develop their locomotive skills of jogging and running to prepare them for the schools Fun Run at the start of term 2. Students will also be looking at how are their body changes when they are exercising (increase heart rate, breathing, body temperature, sweating).

Year 2 – 3

In PE lessons the children will be introduced to and will develop skills associated with Hockey. They will be learning how to hold and control the hockey stick, how to position their body when striking the ball, where to stand on the field and how to perform a forehand stroke. These lessons will be conducted and overseen by Mrs Cotton from the Labrador Hockey Club. The second half of the term will be related to a Huff and Puff unit of work. Students will be working on general fitness and locomotive skills (jogging and running skills) in preparation for the School Cross Country carnival and Fun Run at the start of term 2.

All students in Year 2 will take part in 7 swimming lessons over a 4 week period at the Gold Coast Performance Centre.

Year 4-6

Students in Years 4, 5 and 6 will be developing and refining all the skills, concepts, rules and offensive and defensive moves associated with Touch Football. With a focus on being a positive and productive team member. We will then move onto a Huff and Puff unit preparing the students for the Cross-Country carnival at the start of term 2. Students will develop and refine their running and breathing skills and be involved in a number of activities that will improve their general level of fitness and cardio endurances.