

PHYSICAL EDUCATION TERM 2 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 St. 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. This term our focus will be on the skills and concepts associated with track and field events, hand eye and eye-foot co-ordination. All students from Prep to Year 6 will be participating in our Annual Athletics Carnival.

During term 2, in specialist PE lessons we will be introducing, developing, and evaluating the following units of work for each year level.

Prep and Year 1

Once we have completed our Cross-Country training and participated in the Annual Fun Run, the children will be introduced to and develop their skills and concepts related to Long Jump, High Jump and Shot Put. Introducing and /or revising the skills and concepts related to sprint running, starts and finishes and running in their own lane. We will also be introducing the skills to perform a Shuttle Relay. The term will finish with introducing and developing some skills and concepts associated with Tennis.

Year 2 – 6

In PE lessons we will be building on the skills of skills and concepts the children already have in relation to Long Jump, High Jump, Shot Put, Sprint Running. Years 2 – 4 will develop the skills associated with a Shuttle Relay, whilst students in Years 5 and 6 will be developing the skills and concepts associated with performing a Circular Relay.

All Prep to Year 6 students will participate in time trials in preparation for our Athletics Carnival at the start of term 3. Each week during their lesson- all students from Prep to Year 6 will also be focusing on being a positive and productive team member.