

## Physical Education Term two 2021

Term Two includes our year 4-6 cross country event, winter sport and indoor sports such as volleyball and badminton. Visiting coaches for Netball will be available for year 5 students through Sporting Schools Grants. With cooler weather approaching ensure students have several clothing layers to enable them to choose the appropriate clothing for PE lessons. Parents are reminded that students need runners rather than leather shoes for PE and that wearing jewellery has the potential to cause injury to other students and damage to personal property during PE activities. Your help in preparing your child for PE ensures less time is lost in class time.

### Foundation

Practise fundamental movement skills and movement sequences using different body parts and in response to stimuli in indoor and outdoor settings

Participate in games with and without equipment

Follow rules when participating in physical activities

### Year 1 and 2

Perform fundamental movement skills in different movement situations in indoor and outdoor settings

Incorporate elements of effort, space, time, objects and people in performing simple movement sequences

Discuss the body's reactions to participating in physical activities

### Year 3 and 4

Practise and refine fundamental movement skills in different movement situations in indoor and outdoor settings

Perform movement sequences that link fundamental movement skills for sport skills

Adopt inclusive practices when participating in physical activities

Apply innovative and creative thinking in solving movement challenges

### Year 5 and 6

Practise specialised movement skills and apply them in different movement situations in indoor, outdoor and aquatic settings

Propose and apply movement concepts and strategies

Participate in physical activities designed to enhance fitness, and discuss the impact of regular participation on health and wellbeing

Participate positively in groups and teams by encouraging others and negotiating roles and responsibilities

Apply critical and creative thinking processes in order to generate and assess solutions to movement challenges

Demonstrate ethical behaviour and fair play that aligns with the rules when participating in a range of physical activities