

## **Physical Education and Sport Term one 2020**

Welcome back to school for 2020.

### **SPORT**

Our district swimming team will be selected this term and compete at MSAC on Wednesday 4<sup>th</sup> March.

The District Tennis competition is not booked as yet, but will take place towards the end of term.

The Cross Country running program starts early in term 2 and students can begin preparations as the weather cools.

Our Interschool sports for year 5 and 6 this term are Hotshots Tennis, Basketball, Cricket, Lacrosse, Oztag, Softball and Volleyball. We will also run an intraschool competition for the remaining students where students will rotate through Basketball, Oztag and Softball for two competitive games each Friday.

Students with excellent skills in Cricket, AFL, Basketball, Soccer, Netball and other sports are able to apply for consideration for involvement with State level teams. Details can be found at <http://www.ssv.vic.edu.au/team-vic> and registration must be completed before 1<sup>st</sup> March. The school is limited to 3 students per trial. Students will need to contact the sport office to ensure that we are not oversubscribed. Where more than three applications are received we will conduct a trial.

Year 4 students will conduct sport sessions within the school or on local ovals.

### **Physical Education**

Please ensure students are dressed with runners, hats and sunscreen to take part in PE lessons. Students with a medical condition or injury need to bring a note to ensure that they can take part in as much as possible without injury.

Students will benefit from having their shoe laces tied securely in PE lessons.

<https://www.fieggen.com/shoelace/surgeonknot.htm> Please see this site for a most effective knot.

Sporting Schools grants will be used this term to support teaching tennis in year 1 and softball in year 5.

### **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