

Physical Education

Term 1

LEVEL -FOUNDATION

We begin to lay the foundations for the development of fundamental or basic motor skills in the early years of schooling. This focus supports our students to participate in physical activity and in a healthy and active lifestyle. Students develop the basic skills such as running, hopping, jumping, skipping, catching, throwing, kicking, rolling, balancing, twisting and turning. Mastery of these skills is our aim.

LEVEL1-2: GRADES 1-2

We continue to lay the foundations for the development of fundamental or basic motor skills in the early years of schooling. Students revisit and refine the basic skills such as running, hopping, jumping, skipping, catching, throwing, kicking, rolling, balancing, twisting and turning. Later, students develop the capacity to link these skills into more complex and co-ordinated movement sequences. Students continue to develop increasingly complex motor skills and begin to apply these to modified game and sports specific games and situations. Students also apply their increasing knowledge of rules to keep games and activities safe.

LEVEL 3- 4: GRADES 3-4

We continue to revisit and refine the development of fundamental or basic motor skills, linking these skills into more complex and co-ordinated movement sequences. We continue to apply these skills to modified games and sports specific games and situations. Students continue to apply their increasing knowledge of rules to keep games and activities safe. We aim to develop students' general fitness and game skills to allow a broad range of physical development. A major component of these sessions is to develop students' ability to work in teams and their understanding of good sportsmanship.

LEVEL 5-6: GRADES 5-6

We continue to draw upon all the earlier skills outlined and continue to do so with increased strength, co-ordination and control enabling students to develop and refine their skills so that they can participate effectively in games, activities and sports. Social development helps facilitate co-operation, communication, planning and team development in sports and games. Students also discuss roles and rules in competitive sports and undertake a variety of roles in team games. It is important for students to learn about new sports, develop relationships and teamwork skills, and display good sportsmanship and most importantly to have fun.

