

Curriculum Newsletter – Physical Education 2023

Foundation

This term the students will be practising their listening skills in Physical Education by responding to the whistle. The students will be learning about and practising their fundamental motor skills. These skills include running, jumping, agility, balancing and skipping. The students will also learn about the importance of fair play, encouragement and working in a team.

Grade 1/2

This term, students will learn about the importance of developing and improving their fundamental motor skills to play a variety of sports. They will be playing AFL and soccer with a focus on Kicking. Students will learn the basic technique required to kick a stationary ball on the ground and from their hands. Learning to kick a stationary ball improves foot-eye coordination and aiming for a target whilst kicking the ball out of their hands improves balance and control.

Grade 3/4

This term students will be learning about Athletics, Track and Field Events and practising their skills for the upcoming Athletics Day held in March at Woodville Primary School. Students will participate in a variety of events such as 100m Sprint, 200m Sprint, High Jump, Long Jump, Triple Jump, Discus, Shot Put and Baton Relay. Students will practise for these events during their weekly Physical Education lessons and participate in skill-based activities to improve their running, jumping and throwing.

Grade 5/6

This term students will be learning about Athletics, Track and Field Events and practising their skills for the upcoming Athletics Day held in March at Woodville Primary School. Students will participate in a variety of events such as 100m Sprint, 200m Sprint, High Jump, Long Jump, Triple Jump, Discus, Shot Put and Baton Relay. Students will practise for these events during their weekly Physical Education lessons and participate in skill-based activities to improve their running, jumping and throwing.