

Curriculum Blurbs – PE Term 2

Prep

This term students will participate in a beginners Gymnastics program. This program aims to help students develop their strength, flexibility and coordination of aims for each student to reach their full potential whilst having fun and participating in a circuit based program. The students will learn to work within a group, wait their turn and how to use equipment safely.

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3/4

This term students will participate in a beginners Gymnastics program. This unit will focus on different aspects of Gymnastics such as static shapes, landings, spring, swing, and rotation. Learning Gymnastics aims to improve flexibility, strength, coordination, and balance. This term students will also participate in fitness based activities. Fitness activities provides students with opportunities to participate in and develop their knowledge, skills and understanding of physical activity, and how this contributes to students' personal development of health-related and skill-related components of fitness.

5/6

This term students will participate in a beginners Gymnastics program. This unit will focus on different aspects of Gymnastics such as static shapes, landings, spring, swing, and rotation. Learning Gymnastics aims to improve flexibility, strength, coordination, and balance. This term students will also participate in Fitness Testing and will be recording their results. Fitness testing provides students with opportunities to participate in and develop the knowledge, skills and understanding of physical activity, and how this contributes to students' personal development of health-related and skill-related components of fitness.