

Physical Education

Curriculum Outline – Term 4

Year 1 will be focussing on the following fundamental skills.

- Locomotor skills – running and side shuffle.
- Object control skills – underarm throwing, catching and two hand side strike.

Students will participate in partner, group activities and minor games that will include the fundamental movement skills of body management, locomotor, and object control skills. They will apply these skills when they participate in simple games; tennis, tee-ball and physical activities, obstacle course. They will learn how to follow rules, participate cooperatively, and demonstrate fair play in simple games and physical activities.

Year 2 will be focussing on the following fundamental skills.

- Locomotor skills – running and side shuffle.
- Object control skills – underarm throwing, catching and two hand side strike.

Students will participate in partner, group activities and minor games that will include the fundamental movement skills of body management, locomotor, and object control skills. They will apply a combination of these skills when they participate in simple games, tennis, tee-ball and physical activities, obstacle course. They will learn how to demonstrate positive ways to interact with others in games and describe why rules and fair play are important.

Year 3 will be focussing on the following fundamental skills.

- Locomotor skills – running, jumping, side shuffle, agility and balance.
- Object control skills – underarm and overarm throwing, catching and two hand side strike.

Students will participate in partner, group activities and minor games that will include the fundamental movement skills of body management, locomotor, and object control skills. They will combine these skills with simple tactics when participating in minor games, tennis and softball. They will also apply strategies for working cooperatively and follow basic rules to ensure activities are safe and fair.

Year 4 will be focussing on the following fundamental skills.

- Locomotor skills – running, jumping, side shuffle, agility and balance.
- Object control skills – coordination - underarm and overarm throwing, catching and forehand strike.

Students will participate in partner, group activities and minor games that will include the fundamental movement skills of body management, locomotor, and object control skills. They will combine these skills with simple tactics when participating in minor games, tennis and softball. They will also learn how to apply strategies for working cooperatively and follow basic rules to ensure safety and fairness to all to achieve an intended outcome.

Year 5 will be focussing on the following fundamental skills.

- Locomotor skills/Body Management Skills/Object control skills – movement skills demonstrating adjustment of force and speed to improve accuracy and control.

Students will participate in partner, group activities and games that will include a variety of refined fundamental movement skills such as striking a ball with a forehand action. When participating in tennis and softball, students will learn how to demonstrate ethical behaviour and use this to be effective when taking on the role of player, coach. or referee/umpire.

Year 6 will be focussing on the following fundamental skills.

- Locomotor skills/Body Management Skills/Object control skills – movement skills demonstrating adjustment of force and speed to improve accuracy and control.

Students will participate in partner, group activities and games that will include a variety of refined fundamental movement skills that link to a specific skill such as striking a ball with a forehand action. When participating in tennis and softball students will implement simple tactics in response to movement challenges and demonstrate modification of rules and scoring system to create a more inclusive game and a fairer contest.