PE Programs Summary 2023

Year 2

In Physical Education this year, Fundamental Movement Skills will be the focus through explicit teaching and movement activities to enhance the experiences. Locomotor and non-locomotor skills such as rolling, balancing, sliding, jogging, running, leaping, jumping, hopping, dodging, galloping and skipping plus object control skills such as bouncing, throwing, catching, kicking, striking are taught and developed as the fundamentals of future sports learning.

Students will be learning how to make positive choices when participating in group activities, deal with winning and losing and encourage their team-mates. They will also explore the importance of rules and fair play during partner, group activities and minor games. The students will solve movement challenges, such as gaining possession, scoring, changing positions and use of equipment.

Year 3

In Physical Education this year, students will be taught cooperation skills to ensure everyone is included in all physical activities, applying basic rules in a variety of physical activities and exploring strategies they can use to keep activities safe and fair. They will learn movement skills and tactics such as gaining possession and different skills that combine the elements of effort, space, time, objects and people.

Year 4

In Physical Education this year, students will be taught cooperation skills, basic rules and scoring systems that ensure everyone is included in all physical activities and keep physical activities safe and fair. They will learn how movement skills, problem solving and tactics such as creating scoring opportunities and running into space to gain possession can be used to achieve an outcome.

Year 5

In Physical Education this year, students will be taught to make ethical choices when applying rules in all game situations through the encouragement of others and dealing with conflicts and disagreements. They will learn to manipulate and modify effort, space, time, objects and people, to achieve desired outcomes. Students will work on how to use fundamental movement skills to improve accuracy and control by adjusting force and speed in organised games, sports and activities, such as linking kicking in AFL to passing and shooting in soccer.

Year 6

In Physical Education this year, students will be taught to make ethical choices when applying rules in all game situations through the encouragement of others and when dealing with conflicts and disagreements. They will work on how to use fundamental movement skills to improve accuracy and control by adjusting force and speed in organised games, sports and activities, such as linking kicking in AFL to passing and shooting in soccer. Students will also explore using basic strategies and tactics to successfully achieve an offensive or defensive outcome or goal, such as running into space and defending when your team is not in possession.