

PHYSICAL EDUCATION OVERVIEW TERM 3

Having fun, feeling good about oneself and being well are things we all seek.

One role of physical education within the school curriculum is to help all children attain and enjoy optimum health. This involves the development of the knowledge, skills, understanding and motivation required for children to seek health and physical competence through lifelong involvement in activity.

This term at Windaroo State School we are aiming to expose our young athletes to a variety of skills and games as well as developing their social skills and sportsmanship.

Below is a brief outline of what our year levels will be doing this term.

Prep / year 1/2	Year 3/4	Year 5 / 6
<p>Continuation from previous term due to COVID - Athletics</p> <ul style="list-style-type: none"> • Running in lanes • Ball games • Relays and novelty relays <p>Large Ball Skills</p> <ul style="list-style-type: none"> • Passing (chest, shoulder, bounce) • Dribbling • Modified games <p>Small Ball Skills</p> <ul style="list-style-type: none"> • Rolling & fielding • Catching • Throwing (underarm overarm) • Striking (stationary and moving ball) 	<p>Continuation from previous term due to COVID - Athletics</p> <ul style="list-style-type: none"> • Shot put • High jump • Long jump • Running – sprints and long distance <p>Team games and skills</p> <ul style="list-style-type: none"> • Soccer dribbling • Passing • Tackling • Netball chest pass • Shoulder pass • Bounce pass • AFL handball • Punt kick • Modified games 	<p>Continuation from previous term due to COVID - Athletics</p> <ul style="list-style-type: none"> • Shot put • High jump • Long jump • Running – sprints and long distance • Tactics <p>Game skills – Ultimate Frisbee / European Handball</p> <ul style="list-style-type: none"> • Evasive skills (dodging, dummies, side step) • Player movement • Attack and defence • Throwing and catching Frisbee • Throwing, catching and dribbling a European Handball • Modified games

Interschool Sport / Athletics Carnival

Our year 5 and 6 students will have the opportunity to trial for Gala Day Sport teams this term. If successful in gaining selection into a team, they will compete against other schools within our district early in term 4. The entire school will also be participating in the school’s athletics carnival, which is to be held in August.

