

2020 - PHYSICAL EDUCATION OVERVIEW TERM 1

In today's society, it is so important to install in all children from an early age the importance of living an active and healthy lifestyle.

At Windaroo State School, we lay the foundations of an active and healthy life style from day 1 of the school year by offering a variety of activities and sports both in the Physical Education Program and the Interschool Sports Program, and we continue to build and enhance these opportunities for all our children across all year levels no matter what their skill level or ability maybe.

The Physical Education curriculum gives special attention to social interaction and the improvements of self-concepts, cooperation and sportsmanship with a strong emphasis on fitness and skill development, playing safely and the acquisition of fundamental skills, which will serve our students to lead a happy and healthy life.

The following are some of the activities that our children will be experiencing throughout term 1.

Prep, Year 1 and 2	<p style="text-align: center;">GROSS MOTOR AND FITNESS PROGRAM</p> <ul style="list-style-type: none"> • Throwing • Catching • Bouncing • Balancing • Hopping • Skipping • Dribbling • Hitting • Crawling • Climbing • Obstacle courses <p style="text-align: center;">ATHLETICS</p> <ul style="list-style-type: none"> • Running in lanes • Jumping for height and distance • Relays • Team work and co-operation
Year 3, 4, 5 and 6	<p style="text-align: center;">FITNESS</p> <ul style="list-style-type: none"> • Beep test, flexibility, agility and strength testing • Fitness circuits – boxing, skipping, running, strength circuits and cardio activities • Fitness games <p style="text-align: center;">ATHLETICS</p> <ul style="list-style-type: none"> • Shot put • High jump • Long jump • Sprints and long distance running • Tactics and strategies

Interschool sport program

In term 1/2, our year 5 and 6 students are given the opportunity to be part of a team, to learn rules and skills associated with various sports and then to put all they have learnt into practice to play sport against other schools in our district.

The sports on offer in term 1 that our students can chose to play are the following:

- Soccer
- Rugby league
- Netball
- Girls touch football
- AFL



The year 2, 3, 4, 5 and 6 students also have the opportunity to train and compete in our school cross-country, which is held in March.