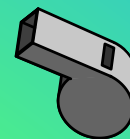


PE TERM 1



Prep

In Prep this term we are learning how to participate in a PE class. We are following PE rules in the gym and outside for example stopping when the whistle is blown and using our PE equipment safely. Prep students are also learning to leap over objects and presenting our hands as a target when attempting to catch a beanbag or a grippy ball. We will also learn to play chasey games such as Banana Split.



Grade 1

In Grade 1 we are exploring the Fundamental Motor Skills program involving throwing, catching, bouncing and kicking and primarily focusing on using Rugby League balls when catching, kicking, dodging and rolling. We are learning to score a try and understand boundaries in modified games.



Grade 2

In Grade 2 we are continuing the Fundamental Motor Skills program, attempting to improve our bouncing, kicking and throwing skills involving solo work and partner challenges. The AFL balls will be in use during this term as we get closer to Footy season. C'mon the Doggies!!



Grade 3

In Grade 3 we are transitioning from modified athletic skills to using the real equipment and techniques required to compete in the upcoming athletics carnival. We will be performing a run, a jump and a throw most weeks. Some students will compete alongside the Grade 4 students in the Term One Carnival.



Grade 4

We are beginning the term with our health related fitness program, measuring some basic personal attributes that we will monitor over the next few years, such as height & sit and reach. We are training for our athletics carnival too. The events are high jump, discus, triple jump, shot put, hurdles, long jump, 100m, and 200m. We will be performing a run, a jump and a throw most weeks.



Grade 5

This term we are continuing our health related fitness program, completing activities such as the flexed arm hang and the the basketball chest push. We are also training for our Athletics Carnival. Although some Grade 5 students are participating in the Interschool sports fixtures, the majority will be receiving weekly badminton coaching at Altona Badminton Centre.



Grade 6

This term we are completing our final health related fitness sheets. Students will be setting up the tests, & recording their results for activities including the 20m shuttle run and the 15m sprint. We are also in training for our athletics carnival, practising and refining techniques in all events. Students are also participating in training and performing in weekly Interschool sport competitions. The sports are t-ball, tennis, volleyball, basketball and cricket.

