

P.E. TERM 3 NEWSLETTER

Welcome back everyone, we have a gymnastics focused term ahead where we are lucky enough to have state of the art equipment and facilities to enhance the student's learning and progress. Please see the table below to view the different focus for each year level group:

	Prep	Grade 1-2	Grade 3-4	Grade 5-6
Skills for Physical Activity Students demonstrate the movement skills and strategies.	Demonstrates the fundamental movement skills of the body management and locomotion in structured and creative play. - F.M.S. - Safety in movement. - Simple rolls. - Simple locomotion movements: hop, skip, jump.	Demonstrates a wide range of fundamental movement skills in the gym. - Good landing. - Confidence on mini tramp. - Rolls, turns (1/2). - Counter balance.	Performs controlled movement skills in gym. - Backward roll. - Cartwheels. - Balance on beam. - Simple combination of movements. - Rhythmic elements with equipment. - Safety procedures.	Performs linked movement skills in the gym with consistency and control. - Controlled landings from jumps, leaps - Balanced handstand. - Link gym moves together eg. Handstand-roll. - Some strength demonstrations.

This program runs for 7 weeks and involves student demonstrations of a variety of gymnastic moves which are assessed against a rubric.

Cricket will be the focus for the remaining weeks and we will be improving our batting, bowling and fielding in skill clinics and modified matches!