

Term Overview

PREP- YEAR 1

Preps and Year 1's will engage in a variety of perceptual movement activities and games to develop their fundamental movement skills for cross country and sports day events. Lessons will provide opportunities for students to develop locomotor skills such as running, jumping, hopping and throwing. Students will participate in a range of ball skills such as passing, throwing, rolling and catching and apply these in various ball games and activities. They will focus on; directions and rotations, following instructions, exercising dedication and determination when learning new skills.

Our moto this term... *Don't give up!*

YEAR 2-3

Year 2 – 3 students will be participating in a variety of physical activities and games to develop fundamental movement skills for Athletic events. Lessons will provide opportunities for students to improve their technique when running, jumping and throwing. Students will also engage in a variety of ball skills and games targeting the development of passing and catching.

YEAR 4-6

Students in years 4-6 will engage in a variety of modified games and physical activities targeting fundamental movement skills needed for Cross Country and Athletic Events. Lessons will provide opportunities for students to develop and improve technique when running, jumping and throwing. They will aim to improve their anaerobic and aerobic fitness.



