

Runcorn Heights State School Specialist Newsletter



Runcorn Heights
State School

Subject: Physical Education

Term: 3

Teacher: Mrs Sue Shelley

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Please make sure students are on time to school.

The first bell rings at 8.25am for students to move to class. Lessons begin at 8.30am.

We look forward to welcoming you to school every day!

Before School Morning Routines From 8am

- Year 1-6 students in the Hall
- Prep students and their families under Q Block

Important Dates

Junior Sports Day – Tuesday 11 August (week 5)

Gala Day 1 (year 5 & 6) - Friday 14 August (week 5)

Gala Day 2 (year 5 & 6) - Friday 28 August (week 7)

Gala Day Training – Friday 1:30-2:30 24/7; 31/7; 7/8; 21/8; 11/9



Curriculum Focus

What we will be working on in lessons this term

Year Level	Content	Assessment
Prep Year 1 Year 2 (Physical Activity)	Athletics Students will prepare for Junior Sports Day by participating in a variety of activities and athletics events such as running in lanes, jumping, throwing and novelty events. Students will learn to refine the fundamental movement skills of running, jumping and throwing, and how to apply movement concepts and strategies in games and to solve challenges.	Students will be assessed on their proficiency when performing the following actions: Running in lanes with bent arms and efficient arm swing, upright posture with high knee drive on the balls of the feet, head facing forward. Long jumping with sprinting action approach, take off with one foot, driving upwards off the take off mat and landing with two feet.
Year 3 & 4 3S, 3A, 3/4M, 3/4X, 4J (Physical Activity)	Bat, Catch, Howzat (Cricket) Students will learn to refine their striking/fielding skills and concepts in active play and games. They will also learn to apply skills, concepts and strategies to solve movement challenges in striking/fielding games. Students will learn to apply strategies for working cooperatively and applying rules fairly.	Students will be assessed on their proficiency to perform the following: striking a ball to a target, fielding and throwing to a target, completing batting and fielding challenges in game situations and working cooperatively and with a partner and in small groups during active play, drills and games.
Year 4, 5 and 6 4B, 4/5M, 4/5R, 5J, 5/6M, 5/6C, 6G, 6S (Physical Activity)	Basketball Students will develop and perform the specialised movement skills of dribbling, shooting, passing and catching and will apply attacking and defensive strategies in basketball game situations. They will propose and combine movement concepts and strategies to achieve outcomes in basketball lead up games. Students will develop and apply rules while collaborating with others.	Year 5 and 6 Students will be assessed on their proficiency to select and perform more complex movement skills: Dribble and Layup: Dribbling approach and take off with footwork sequence, knee drive, aim and release to make the shot. Modified game play using attacking and defensive strategies. Year 4 Students will be assessed on dribbling with cross over movement through defenders. Shooting from a stationary position.