

Runcorn Heights State School Specialist Newsletter



Runcorn Heights
State School

Subject: Physical Education

Term: Two

Teacher: Mrs Sue Shelley

Teacher email: sshel1@eq.edu.au

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

Gala Day 2 (year 5 & 6) - Friday 15 May (week 4)

Gala Day 3 (year 5 & 6) - Friday 22 May (week 5)

Senior Sports Day 1 – Monday 15 June (week 9) – 100m, 200m, 8 & 12 year old field finals

Senior Sports Day 2 – Tuesday 16 June (week 9) – 800m

Runcorn Heights
State School

VISION

We inspire our community to AIM HIGH and be curious, creative and compassionate lifelong learners.

RUNCORN HEIGHTS STATE SCHOOL

AIR

ACCEPTANCE

We create an environment where everyone is valued and welcomed. We embrace diversity and encourage everyone to be open-minded and to acknowledge and learn from each other's unique backgrounds and perspectives.

RUNCORN HEIGHTS STATE SCHOOL

AIR

INCLUSION

We are committed to creating a supportive and welcoming environment where every person is valued and feels they belong. Our community provides all with equitable opportunities to participate, grow and succeed, ensuring that all voices are heard and respected.

RUNCORN HEIGHTS STATE SCHOOL

AIR

RESPECT

We cultivate a culture of respect by promoting kindness, care and honesty. It is everyone's responsibility to honour the rights of all to be safe, to learn, work and play.

Safe 

Team Player

Achiever

Responsible

Curriculum Focus

What we will be working on in lessons this term

Year Level	Content	Assessment
Prep	<p><u>Unit: Catch that Bean</u> Students will use personal and social skills when working with others in a range of activities. They will perform underarm throwing, two-handed catching and aiming to targets at varying distances.</p>	<p>Students will be assessed on their proficiency when performing an underarm throw and two-handed catch using a beanbag. They will aim a beanbag into hoops spaced at varying distances.</p>
Year 1 & 2	<p><u>Unit: Catch me if you can</u> Students will develop the fundamental movement skills of dodging and running and test alternatives to evade others and objects in tagging games.</p>	<p>Students will be assessed on how well they dodge others and objects with speed and fluency. How they assess situations to move quickly and fluently to evade others in tagging games. How they influence others to interact positively in tagging games.</p>
Year 3 - 6	<p><u>Unit: Track and Field</u> Students will participate in a unit on Athletics. They will develop skills in throwing a shot put with correct technique. Students will develop long and high jump ability by performing various drills to improve run up, take-off and landing. They will learn basic field event rules and procedures, in preparation for sports day competition. Students will participate in drills to develop sprinting technique leading up to performance of the 100 and 200m sprint during trials and sports day competition. They will also participate in the 800m.</p>	<p><u>Year 3-4</u> Students refine the fundamental movement skills of running, jumping and throwing and apply movement concepts and technique sequences in the athletics events: sprinting, high jump and shot put <u>Year 5-6</u> Students refine and further develop the fundamental movement skills of running, jumping and throwing and apply more complex movement patterns and technique sequences in the athletics events: sprinting, high jump and shot put</p>