



PE Newsletter Term 1 2024



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Year Level	Content	Assessment
Prep Physical Activity	"Let's get moving" Students explore how to move and play safely during physical activity. They develop the fundamental movement skills of running, jumping, hopping and galloping. They apply fundamental movement skills and solve movement challenges.	Students perform a range of fundamental movement skills (running, galloping, hopping, jumping) and apply them to solve movement challenges. They apply practices to keep themselves safe, including following rules in simple activities and games.
Year 1/2 Physical Activity	"Playing with Balls" Students will develop the object-control skills of rolling, catching, pat bouncing and throwing through active participation in activities, games and movement challenges. They will also apply rules and fair play practices.	Students send, control and receive balls in a variety of movement situations and test alternatives to solve movement challenges. This includes rolling small balls, chest passing, catching and pat bouncing large balls.
Year 3 Physical Activity	"Having a Ball" Students will refine the fundamental movement skills of throwing and catching and transfer them to a range of movement situations. They will development game movement concepts and strategies and apply these to solve the offence and defence challenges faced during games of Fast 4 Newcombe.	Students perform an overarm shoulder pass to serve over a net, chest pass and catch in game situations, applying concepts and strategies to improve success.
Year 4 Physical Activity	"Criss Cross" Students will practise and refine fundamental movement skills to perform long-rope, partner and individual skipping sequences. They will examine the benefits of being healthy and physically active.	<i>Long-rope skipping sequence</i> — Run in entry, jump five times, exit opposite side. <i>Partner skipping sequence</i> (one rope) — One partner turns rope and jumps, other partner jumps and performs quarter turns. <i>Individual skipping sequences</i> — Backward skip, forward skip, jogging skip.
Year 5/6 Physical Activity	"Specialised Football Skills" In this unit students will develop specialised football skills and create and perform a sequence of these.	Students will perform the specialised football skills of dribbling, turning and juggling. They will apply the elements of movement when composing and performing these movement sequences in a 1 minute routine.

Important Dates - Term 1 Sporting Events

- **Cross Country Training** – Monday 5 February – Friday 1 March (4 weeks–7:45 – 8:15am)
- Eastern Taipans District Swimming Trial – Wednesday 7 February (week 3)
- Payment/Permission for Gala Days due Friday 23 February
- **3-6 CROSS COUNTRY** – Tuesday 5 March (week 7)
- **Gala Day 1** – Friday 8 March (week 7)