



## PE Newsletter Term 4 2021



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Year Level	Content	Assessment
<b>Prep</b> Physical Activity	"Animal Groove" Students will perform fundamental movement skills to music.	Students will perform skills such as log rolling, galloping, balancing and side stepping to music in a movement routine.
<b>Year 1/2</b> Physical Activity	"Equipped to Move" Students will explore elements of movement while developing fundamental movement skills that involve manipulating equipment (hoops, balls and rhythm ribbons). They will perform movement sequences that incorporate elements of movement.	Students perform movement sequences that incorporate elements of movement to music in a movement routine using balls, rhythm ribbons and hoops.
<b>Year 3/4</b> Physical Activity	"Fitness" Students will understand the importance of regular physical activity participation for health and wellbeing. They will apply the elements of movement to perform various fitness activities that develop their fitness.	Students will be assessed on their cardiovascular fitness using a beep test. They will examine the benefits of regular physical activity for health and wellbeing.
<b>Year 5/6</b> Physical Activity	"Fitness Fun" Students will explore the health-related fitness components of a range of physical activities and the importance of physical activity participation to health and wellbeing. They will apply the elements of movement to compose and perform a fitness activity station that develops a health-related fitness component.	Students explain the health-related fitness components used in various physical activities and the significance of physical activity participation to health and wellbeing. They apply the elements of movement to compose and perform a fitness activity that develops a health-related fitness component.

### Important Dates - Term 4 Sporting Events

- **Payment/Permission for Gala Days due Wednesday 15 September**
- Gala Day 1 – Friday 15 October
- Gala Day 2 – Friday 12 November