

# PHYSICAL EDUCATION



Welcome to 2024 Teacher Paul Munro

Prep: Students in Prep Will explore how their bodies move, through experiences in active play and structured movement. These students will have the opportunity to participate in a variety of exercise types, such as the Perpetual Movement Program, Dance.



Year 1 : Students in Year 1 will learn how to select, transfer, and apply simple movement skills and sequences individually, in groups and in teams. We will learn about our body's response to different types of activities. Students will explore physical activity through a range of games, Dance, and Gymnastics

Year 2: Students in Year 2 will employ their knowledge of how their body moves and begin to apply this to game situations. They will be introduced to specific skills they will use in a variety of games and problem solving situations. Developing communication and co-operative skills will be a focus in authentic situations to build confidence and resilience.



Students in Year 3/4 will build on their previous learning to further develop their movement proficiencies across the range of fundamental movement skills. We will learn about the importance of Life Long Physical Activities and the importance of food and nutrition. Students in year 3 will have the opportunity to further develop their knowledge and skills of being safe in the water.

Year 5/ 6 students will have the opportunity to participate in Inter school sports. Basketball, Volleyball, Tee ball and Cricket. This will give students opportunities to develop their communication and problem solving skills when working in groups or teams. The competition will give students opportunities to develop their communication and problem solving skills when working in groups or teams.

