

PHYSICAL EDUCATION

Prep :

Students will explore a range of body movements through active play and structured physical education games. Prep students will also begin a Perceptual Motor Program (PMP), where they are introduced to specific movements and skills while developing their awareness of space, boundaries, and activity rules.

Year 1 & 2 :

Students will extend and consolidate their motor and locomotor skills through station-based activities and physical education games. They will also participate in a more advanced Perceptual Motor Program (PMP) focused on improving the execution of fundamental motor skills used in sport. Students will be given opportunities to work collaboratively in pairs, small groups, and teams, developing greater awareness of themselves in relation to space, boundaries, and other players.

Year 3 & 4:

At the beginning of the year, students focus on building a strong foundation of cooperation and teamwork. Developing a sense of belonging and working effectively within a team or group is essential for setting up the rest of the year. Following the team-building unit, students will apply these learnings to physical education games that focus on fundamental motor skills and mirror match play. This supports the development of self-regulation strategies as competitive behaviours begin to emerge.

Year 5/6:

Physical Education at the beginning of the year is focused on establishing a strong sense of belonging and a positive team environment, which is essential for setting up the remainder of the year. Students will engage in a unit of work that emphasises cooperation and teamwork. Throughout the term, students will have multiple opportunities to refine their fundamental motor skills and develop game sense. In addition, many students will participate in interschool sports, with Volleyball, Tee-ball, and Basketball being the first sports offered for the year.