

KEELONITH PHYS ED

TERM 2

Preps:

Students will continue body movements, through experiences in active play and structured movement in Perceptual Motor Program PMP with increased difficulty. This means more challenging Locomotive movements with the inclusion of Fundamental Movement skills during the PMP activities that require hand-eye coordination, e.g. Catching, Bouncing and Underarm Throwing. Preps will now be introduced to PE games start have more competitive rules.

Year 1s & 2s:

Students will move away from Motor and Locomotive movements to focus on the Fundamental Motor skills. Those skills are very basic skills needed to play sport or competitive games. Skills such as Catching, Striking, Kicking, Throwing and Evading. They will work in pairs or groups practicing cooperation, referring and playing within boundaries/rules. Winning and losing outcomes are eased in to allow students to actively practice resilience strategies.

Year 3s & 4s:

Students will continue to focus on cooperation and teamwork however with more of sporting focus rather than active participation Phys Ed activities. This will mean students will require to use the technical sports skill sets taught during Phys Ed to apply them in a competitive framework which begins to resemble sporting games. The modified games will based upon court, invasion and fielding sports. Some Year 3s and 4s may have their first experience representing KPS in Interschool Sports such and Cross Country and Athletics depending on team selection.

Year 5s & 6s:

KPS will compete in Greenvale District Interschool Sports playing AFL, Soccer and Netball. Therefore winter sports will be a focus during Phys Ed to align with Term 2 Interschool Sports. Indoor court sports will also feature later in the term with the expected change of weather.

Also this term the KPS Cross Country team will compete against other Greenvale schools vying for a position to move into Divisional Cross Country.

KPS athletics will also take place so student can be selected for District Athletics.