

PHYSICAL EDUCATION

Prep

This term, students will continue participating in the Perceptual Motor Program (PMP), with a focus on developing Fundamental Movement Skills through a variety of movement-based activities. Students will build their balance, coordination, locomotor skills, and hand-eye coordination while working independently and with others. Through these activities, students will develop confidence in their movement abilities, learn to move safely in shared spaces, and practise following simple rules and instructions during Physical Education games and activities.

Year 1

This term, students will continue participating in the Perceptual Motor Program (PMP), further developing their Fundamental Movement Skills through a range of movement challenges and activities. Students will participate in Physical Education games that involve more complex rules, boundaries, and decision-making. They will also be introduced to modified court and net games that encourage teamwork, cooperation, and skill development. Through these experiences, students will practise applying movement skills in different situations while developing respectful behaviours, resilience, and positive sportsmanship when experiencing both success and challenges during games.

Year 2

This term, students will begin transitioning from PMP activities towards more structured skill development. Through group drills and modified games, students will focus on refining fundamental movement skills, including overarm throwing and two-handed striking. Students will participate in court and net games, as well as batting and fielding activities, providing opportunities to apply their skills in a range of sporting contexts. As they engage in these activities, students will develop their understanding of game rules, fair play, cooperation, and positive behaviours when participating in both competitive and cooperative settings.

Year 3

This term, students will participate in modified court and net games based on sports such as Tennis, Volleyball, and Badminton. Through a variety of activities, students will develop and refine skills including catching, throwing, and striking, while improving hand-eye coordination and movement patterns in game-based situations. Students will apply these skills in increasingly challenging activities, develop simple game strategies, and build their ability to communicate, cooperate, and make decisions as part of a team. These experiences will continue to strengthen their game awareness, teamwork, and resilience.

Year 4

This term, students will participate in modified court and net sports, including Newcomb and Badminton. Newcomb introduces students to concepts found in Volleyball through catching and throwing activities, while Badminton provides opportunities to develop striking skills, hand-eye coordination, and movement patterns in a game setting. Students will continue to refine their movement skills and begin applying simple strategies during gameplay while demonstrating teamwork, cooperation, and sportsmanship. Qualified students will also have the opportunity to represent the school at District Athletics, with the possibility of progressing to Divisional competition.

Year 5 & 6

This term, students will focus on net and court sports, including Volleyball, Badminton, and Tennis. Through a variety of drills, modified games, and competitive activities, students will develop striking, serving, movement, and tactical gameplay skills. They will be encouraged to apply movement strategies, work collaboratively within teams, and demonstrate leadership, resilience, and positive sportsmanship in competitive settings.

During Friday Sport, students will participate in Tag Rugby, Tennis, or Cricket, providing opportunities to further develop sport-specific skills and apply them in authentic game situations. Qualified students will also have the opportunity to compete at District Athletics, with the possibility of progressing to Divisional competition. These experiences will support students in applying specialised movement skills and decision-making strategies while demonstrating responsibility, respect, and ethical behaviour in a variety of sporting environments.