

TIME	TOPIC	LESSON CONTENT		RESOURCES	ASSESSMENT
		PRACTICAL	HEALTH		
Weeks 1-10	How can we move?	How can we move? Students are given opportunities to learn through movement. Students will develop and practice fundamental movement skills through active play and structured movement activities. They will improve their competence and confidence in their movement abilities. The students will learn about movement as they participate in physical activity in a range of different settings.	<p>This is me</p> <p>Weeks 1 - 19</p> <p>In this unit, students will explore information about what makes them unique and their strengths and achievements. They participate in play. The students explore how their bodies are growing and developing, and identify the actions that will keep them healthy such as diet, hygiene and physical activity.</p>	<p>How can we move?</p> <p>-Hat -Water Bottle</p> <p>This is me</p>	<p>How can we move?</p> <p>On-going assessment throughout Term 1 focusing on running, jumping, hopping, throwing, bouncing and simple games.</p> <p>This is me</p> <p>No assessment. Group discussions and activities over the semester</p>
		<p>Playing with balls</p> <p>In this unit, students develop the object control skills of rolling, catching, bouncing, throwing and kicking through active participation in activities, games and movement challenges. They will use personal and social skills to follow rules and cooperate with others.</p>			

HOME STUDY FOCUS

- Encourage your child to play outside for 30 minutes a day. This will help them to discover the importance of being active and be creative in their play.
- Encourage your child to show you what they have learnt in PE. Demonstrations in the backyard or in the lounge room encourage the students to become more confident and reinforce what they have learnt.
- Promote a healthy and an active lifestyle.
- Try to encourage your child to be active each day through example.
- Discuss situations that happened at school and help them to create strategies to develop positive relationships.
- Discuss what makes them unique and their strengths and weaknesses
- Promote discussion to help identify the actions that will keep them healthy such as diet, hygiene and physical activity.

ADDITIONAL INFORMATION

PE lessons:

Students wear their school uniform for HPE lessons, they also need to bring a water bottle and hat to each lesson.

Valuables:

All valuables are to be left within the classroom and brought to the attention of the class teacher.

Jewellery

The wearing of watches, chains and sleeper earrings are to be removed prior to the PE Lesson or left at home on these particular days.

Books

Students will be provided with a Work Book for their Health lessons. This book needs to be present for all sessions and wherever Homework for the subject has been sent home, please return this back to school prior to the Health lesson timetabled.