

TIME	TOPIC	LESSON CONTENT		RESOURCES	ASSESSMENT
		PRACTICAL	HEALTH		
Weeks 1-9	Let's move and get fit	<p>Let's move and get fit</p> <p>In this unit, students are provided with the opportunity to learn through movement. They develop a wide range of fundamental movement skills and increase in complexity. They will learn how to select, transfer and apply simple movement skills and sequences individually, in groups and in teams. Students develop their knowledge, understanding and skills in relation to movement by exploring simple rule systems and safe use of equipment in a variety of physical activities and games. Through active participation, they investigate the body's response to different types of physical activities. The students develop their personal and social skills such as cooperation, problem solving, persistence and decision making.</p>	<p>I can choose to be healthy</p> <p>Weeks 3-12</p> <p>In this unit, children explore their roles and responsibilities now they are older – looking at foods they eat, games they play. They will explore how their bodies are growing and developing and the actions that keep them healthy, such as diet, hygiene and physical activity.</p>	<p>Let's move and get fit</p> <p>-Hat -Water Bottle</p> <p>I can choose to be healthy</p> <p>-School workbook (Provided)</p>	<p>Let's move and get fit</p> <p>On-going assessment throughout Term 1 focusing on the fundamental movement skills and applying these in game situations.</p> <p>I can choose to be healthy</p> <p>Completed workbook activities</p>
Weeks 10-19	Control that ball	<p>Control that ball</p> <p>In this unit, students will develop locomotor and object control skills. Students will experiment with using different equipment and parts of their body. They will propose a range of alternatives and test their effectiveness when solving movement challenges.</p>		<p>Control that ball</p> <p>-Hat -Water Bottle</p>	<p>Control that ball</p> <p>On-going assessment with how the students control the ball with hands, body and feet whilst aiming at targets.</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 ways to help other students who may be experiencing difficulties.
- Encourage student responsibility for the foods they eat
- Discuss actions to keep themselves healthy

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.