

TIME	TOPIC	LESSON CONTENT		RESOURCES	ASSESSMENT
		PRACTICAL	HEALTH		
Weeks 1-9	Kick, aim, strike	Kick, aim, strike	Advertising targets Weeks 3-12 In this unit, children explore health messages which target their age group, such as advertising — sun and water safety, food. They identify the products that are being sold and how they sell the products. Children identify slogans and create their own positive health message.	Kick, aim, strike -Hat -Water Bottle	Kick, aim, strike On-going assessment across cricket activities
		In this unit, students will participate in a range skill drills, activities and modified ball games to build competence in manipulating objects (individually, with a partner and in a modified game situation). Students will be given learning experiences that will require teamwork and allow them to gain an understanding of following the rules, using strategy and cooperation with others.		Advertising targets -School workbook (Provided)	Advertising targets Completed workbook activities
Weeks 10-19	CrossFit Kids	CrossFit Kids		CrossFit Kids -Hat -Water Bottle	CrossFit Kids On-going assessment throughout the term.
		In this unit students will develop movement and body mechanics through a fun, inclusive environment. This will focus on the child's entire body: muscular, skeletal, vestibular, proprioceptive, nervous, cognitive and emotional systems. They will identify how their body responds and feels during physical activity.			

HOME STUDY FOCUS

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- 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.
- Recognise and discuss Health messages appropriate for grade 2 students.

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.