

TIME	TOPIC	LESSON CONTENT		RESOURCES	ASSESSMENT
		PRACTICAL	HEALTH		
<b>Weeks 1-10</b>	<b>Swimming</b>	<p>Swimming</p> <p>In this unit Grade 3 students will participate in an 8 week Learn to Swim Program that is implemented by the experts from Swim Solutions. Each child is assessed and put into a group where the learning experiences are designed to develop and build upon the existing skills of each individual.</p>	<p>Fresh Food Fun</p> <p><b>Weeks 2-10</b></p> <p>In this unit, students explore the concept of health and the reasons why the food eaten is important. They explore the Australian Guide to Healthy Eating and the importance of eating breakfast and lunch. Students will also explore the concept of sustainable practice and how they can contribute to the sustainability of the environment. They participate in the development of sustainable practice in the school environment through the planting and care of a vegetable patch within the school</p>	<p>Swimming</p> <ul style="list-style-type: none"> <li>-School swimming costume</li> <li>- School sun shirt</li> <li>- Towel</li> <li>- Goggles</li> <li>- Water Bottle</li> </ul>	<p>Swimming</p> <p>The assessment will gather evidence of the student's ability to:</p> <ul style="list-style-type: none"> <li>- Create and perform movement sequences using fundamental movement skills and the elements of movement.</li> <li>- Refine fundamental movement skills and movement concepts and strategies in different physical activities to solve movement challenges</li> </ul>
<b>Weeks 11-20</b>	<b>Athletics &amp; Newcombe ball</b>	<p>Athletics</p> <p>The fundamental skills of the running, throwing and jumping events in Athletics will be covered. The biomechanics on how performance can be improved through change of body movement will be analysed. Comparing technique to others and model performance through teacher demonstration and video evidence.</p> <p>Newcombe ball</p> <p>The student will learn to apply strategies, tactics and correct decision making to maximise their own performance potential. The student will reflect on these qualities and adjust their learning experiences to accommodate this greater understanding. The development of ball skills is taught through a TGFU approach will provide the opportunity for improvement of ball skills and cooperation and teamwork. Students explore ethical behaviour and fair play.</p>	<p>Fresh Food Fun</p> <p>Students will also explore the concept of sustainable practice and how they can contribute to the sustainability of the environment. They participate in the development of sustainable practice in the school environment through the planting and care of a vegetable patch within the school</p>	<p>Fresh Food Fun</p> <ul style="list-style-type: none"> <li>-School workbook (Provided)</li> </ul>	<p>Fresh Food Fun</p> <p>Completion of workbook activities</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 the concept of health and the reasons why the food eaten is important.
- Discuss the importance of eating breakfast and lunch.
- Discuss the concept of sustainable practice and how they can contribute to the sustainability of the environment.

## 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.