

TIME	TOPIC	LESSON CONTENT		RESOURCES	ASSESSMENT
		PRACTICAL	HEALTH		
Weeks 1-9	Gymnastics and active play	<p>Gymnastics and active play</p> <p>In this unit students will demonstrate personal and social skills to include others and describe their feelings after participating in a range of active games. The active play will explore the different movement patterns of running, changing direction and change of pace. This will develop on their fitness, balance, coordination, gross motor skills and self – awareness. They will learn to work with a partner and as a member of a team, developing understanding and cooperation skills.</p> <p>Gymnastics will encourage students to become increasingly aware of their bodies and the ways in which different body parts move in isolation and with other body parts. Students will explore moving their bodies through space and in different directions. They will learn to balance, jump and roll and link these movements together. They will need to rehearse and remember groups of movements and be able to perform these movement sequences.</p>	<p>Understanding others</p> <p>Weeks 1 - 19</p> <p>In this unit students will identify and describe different emotions people experience. They will explore and practice ways to interact with others in a variety of settings</p>	<p>Gymnastics and active play</p> <p>-Hat -Water Bottle</p>	<p>Gymnastics and active play</p> <p>On-going assessment throughout Term 3 focusing on simple games and cooperation skills in active play and balance, jumping and rolling movements in gymnastics.</p> <p>Understanding others</p> <p>On-going activities and discussions throughout Term 3 and Term 4.</p>
Weeks 10-19	Aquatics - Splash	<p>Splash</p> <p>In this unit 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 everyone. Students are monitored throughout the program and can move between ability groups to best cater for their development and progress. This program aims to teach pool safety, build confidence in water, improved efficiency in stroke technique, which will enable students to enjoy swimming for both recreation and competition. Students will practice ball skills to improve on hand – eye coordination. They will practice Tunnel ball and Up and under ready for the Ball games carnival.</p>		<p>Splash</p> <p>- School swimming costume - School sun shirt - School Swimming cap - Towel - Goggles - Water Bottle</p>	<p>Splash</p> <p>Students will be assessed on:</p> <ul style="list-style-type: none"> - Safety in the pool - Kick on front and back with a kick board - Performance of freestyle with assisted side breathing - Performance of Backstroke with assistance - Unassisted deep water entry

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 cooperation skills.
- Discuss positive ways to interact with others.
- Promote discussion to help identify different emotions people experience and how to deal with these emotions.

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.