

TIME	TOPIC	LESSON CONTENT		RESOURCES	ASSESSMENT
		PRACTICAL	HEALTH		
Weeks 1-9	Gymnastics	Gymnastics 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.	<p>Our culture, staying safe</p> <p>Weeks 3-12</p> <p>In this unit, children identify the cultures of people living in Australia and how different cultures share their cultural beliefs and celebrations from person to person. Students identify safe and unsafe situations, such as personal safety, taking medicines, water, and sun safety.</p>	Gymnastics -Hat -Water Bottle Our culture, staying safe -School workbook (Provided)	Gymnastics On-going assessment throughout Term 1 focusing on balancing, rolling and locomotion. Our culture, staying safe Completed workbook activities
		Swimming In this unit, students are provided with the opportunity to learn through movement in the water. They develop a wide range of fundamental aquatic skills and increase in complexity.		Swimming -SPS Swimmers -Swim Cap -Sun-shirt -Towel -Goggles (optional) -Thongs Minor Games -Hat -Water Bottle	Swimming On-going assessment throughout Term 1 focusing on the different stroke techniques.

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 different cultures of people living in Australia
- Discuss how different cultures share their cultural beliefs and celebrations from person to person.
- Recognise and identify safe and unsafe situations, such as personal safety, taking medicines, water, and sun safety.

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.