

TIME	TOPIC	LESSON CONTENT	RESOURCES	ASSESSMENT
		PRACTICAL		
Weeks 3-10	Cricket	<p><u>Cricket</u> Students develop and apply overarm throwing, catching and object control skills (with small balls) to participate in various striking and fielding games. They apply rules fairly.</p> <p>Students will:</p> <ul style="list-style-type: none"> • practise and refine fundamental movement for throwing, catching and object control • consider and combine concepts and strategies when participating in independent practice and small sided games and activities • understand and apply rules • use creative thinking to transfer and apply fundamental movement skills to new contexts and modified game situations. • develop teamwork through communication skills during small sided modified games 	<p><u>Cricket</u> - PE Uniform -Hat -Water Bottle</p>	<p><u>Cricket</u> On-going practical assessment through professional observations during the entire unit</p>
Weeks 11-19	Artistic Performance	<p><u>Artistic Performance</u> Students practise and refine fundamental movement skills to perform the circus skills of balancing and juggling. They work cooperatively to create artistic performances across a range of contexts.</p> <p>Students will:</p> <ul style="list-style-type: none"> • develop fundamental movement skills to perform the circus skills of balancing and juggling • understand how the elements of movement affect skill performance • work cooperatively to solve challenges and perform circus skills • create and perform movement sequences using fundamental movement skills and the elements of movement. 	<p><u>Artistic Performance</u> -PE Uniform -Hat -Water Bottle</p>	<p><u>Artistic Performance</u> Performances are observed on a number of occasions (checkpoints) throughout the unit of work.</p>
All semester	Health	<p><u>Netiquette and Online Protocols</u> Students explore and implement strategies to interpret health information and messages on the internet. They describe and apply strategies that can be used in situations that make them feel uncomfortable or unsafe using the net. They explore respect and empathy and how important it is in relationships on the net.</p>	<p><u>Health</u> -Booklet -</p>	<p><u>Health</u> -Booklet work is assessed as well as an in class written response at the end of the unit</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 online safety, digital footprints, screen time and alternative options to screen time

ADDITIONAL INFORMATION

Uniform:

The first priority is to be changed into appropriate clothing for the activity you are engaged in. On occasions when PE gear is unavailable for some reason students are to bring an alternative. Junior School students should bring a note from parents requesting the change for that day. It is expected that this will not occur on more than one occasion per semester.

PE lessons:

Green School PE shorts, green all purpose or coloured House shirt, white socks and sandshoes. For outdoor lessons a School Hat must be worn. Appropriate sports footwear (or school shoes if it is unavailable) must be brought to all lessons unless specifically told not to. Occasionally a Health lesson will become a PE lesson (practical). Students will be notified in advance of such occurrences.

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 at school for all lessons and wherever Homework for the subject has been sent home, please return this back to school prior to the Health lesson timetabled.