

TIME	TOPIC	LESSON CONTENT		RESOURCES	ASSESSMENT
		PRACTICAL	HEALTH		
<b>Weeks 1-10</b>	<b>Touch Football/Oz Tag</b>	<p><u>Touch Football/Oz Tag</u></p> <p>In this unit through the interrelated concepts of learning in, about and through physical activity, the student will become an intelligent performer and physically educated. For the student to accomplish this, they need to know and understand how physical responses can be improved and to appreciate the qualities of physical responses. Participation in a range of physical skills in simple and complex authentic contexts will enable the student to evaluate personal performance in terms of individual responses and strategies relevant to Touch Football and Hockey. 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.</p>	<p><u>Growing Up</u></p> <p><b>Weeks 1-19</b></p> <p>In this unit students explore developmental changes and transitions that occur as they grow older. They investigate strategies available to assist them with the transition. Students will: Examine how identities are developed and change from pre-teen years into adolescence Examine developmental changes that occur during pre-teen years Investigate strategies and resources available to manage the changes associated with growing up and puberty.</p>	<p><u>Touch Football Oz Tag</u></p> <ul style="list-style-type: none"> <li>-PE Uniform</li> <li>-Hat</li> <li>-Water Bottle</li> </ul> <p><u>Growing up</u></p> <ul style="list-style-type: none"> <li>-School workbook (Provided)</li> </ul>	<p><u>Touch Football Oz Tag</u></p> <p>On-going assessment throughout Term 3 focusing on the Level of performance of Touch Football</p> <p><u>Growing Up</u></p> <p>Continuing onto term 4, students plan and create a board game. They conduct an investigation to write questions and answers related to growing up.</p>
<b>Weeks 11-19</b>	<b>Water polo</b>	<p><u>Water polo</u></p> <p>Grade 5 students will complete an 8 week water polo program where they will learn the fundamentals of the game, the skills and tactics involved. They will develop the skills of movement through the water with and without the ball, passing and receiving the ball, shooting and attack and defensive strategies. They will play small sided games to ensure maximum contact with the ball and develop the ability to cooperate with other students in the water.</p>	<p><u>Water polo</u></p> <p>Investigate strategies and resources available to manage the changes associated with growing up and puberty.</p>	<p><u>Water polo</u></p> <ul style="list-style-type: none"> <li>-SPS Swimmers</li> <li>-Swim Cap</li> <li>-Sun-shirt</li> <li>-Towel</li> <li>-Goggles (optional)</li> <li>-Thongs</li> </ul>	<p><u>Water polo</u></p> <p>Ongoing Assessment focusing on the application of skills and conceptual understanding.</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 ways to help other students who may be experiencing difficulties.
- Discuss the family heritage and cultural identities
- Recognise how Health issues are portrayed in the media and discuss its impact with positive and negative outcomes.

## 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 non-swimming lessons unless specifically told not to.

### **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.