

## PE Term 2

### Pre Primary

#### Moving Our Body:

Locomotor skills - run, hop, jump, skip, gallop

#### Understanding Movement:

Ways to maintain a balanced position while running, hopping etc

#### Learning Through Movement:

Co-operating with others; following rules.

### Year 1

#### Moving Our Body:

Object control skills – large ball bounce and catch

Controlling large ball in simple games

#### Understanding Movement:

Physical changes to body when exercising; ways to maintain a balanced position while performing skills

#### Learning Through Movement:

Co-operating with others; following rules and playing fairly

### Year 2

#### Moving Our Body:

Object control skills – overarm throw

Control of small ball in simple games

Understanding Movement:

Positive responses to physical activity; ways the body reacts to physical activity

Learning Through Movement:

Making positive choices in groups; importance of rules and fair play

Year 3

Moving Our Body:

Object control skills – overarm & underarm throw & catch

Control of small ball in minor games

Understanding Movement:

Benefits of regular physical activity

Learning Through Movement:

Cooperation skills in physical activity

Year 4

Moving Our Body:

Object control skills – overarm & underarm throw & catch

Control of small ball in minor games

Understanding Movement:

Benefits of regular physical activity

Learning Through Movement:

Cooperation skills in physical activity

Year 5

Moving Our Body:

Object control skills – volleyball serve, set, pass & game play

Understanding Movement:

Benefits of regular physical activity

Learning Through Movement:

Roles – player, coach, umpire

Year 6

Moving Our Body:

Object control skills – volleyball serve, set, pass & game play

Understanding Movement:

Benefits of regular physical activity

Learning Through Movement:

Roles – player, coach, umpire