

Term 3 Years 4-6 Physical Education Overview

During Term 3 students in Years 4-6 will focus on Basketball, Skipping, Gymnastics and Minor Games.



Basketball

Weeks 1-4 students will learn the fundamental motor skills of basketball including passing, catching, dribbling and shooting. Students will also explore and practise different techniques involved in moving around the court, positions and placement in order to be a valuable team player. Students will be involved in a Basketball Clinic during week 2 which will look more closely at

the rules of the game and developing an understanding of how to be an effective team member. Hoop time will be in the first week of September, Physical Education classes should assist with developing necessary skills to be involved in this competition.



Skipping

Weeks 5 and 6 will be spent skipping! Skipping allows students to perform activities that involve transitioning from one skill to another. Proposing and applying movement concepts and strategies to perform movement sequences. As well as working individually or in small groups on movement tasks or challenges. Skipping gives students the opportunity to develop fitness and learn skills that can be used for play.

Gymnastics

During weeks 7-9 students will be developing their balance and ability to perform movement sequences using core strength. They will learn safe stretching activities which maintain and develop flexibility. Students will assess and refine strategies to persist and successfully perform new and challenging movement skills and sequences. These will be completed using the beam and floor. Students will be asked to complete a number of beam and floor balances both individually and with a partner. They will also need to demonstrate the ability to perform activities on the floor for example, forward rolls, cartwheels, handstands and transitioning steps.



The final week of Term will be Minor Games. Students have the opportunity to understand the contribution of different roles and responsibilities in physical activities that promote enjoyment, safety and positive outcomes for all participants.