



# PE Overview Term 1 2017

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The **JUNIOR PRIMARY PE PROGRAM** places huge emphasis on the importance of Fundamental Movement Skills as an essential component of developing movement and coordination skills in early childhood. Fundamental Movement Skills (FMS) are the movement patterns that involve different body parts. They are the foundation movements or precursor patterns to the more specialised, complex skills used in play, games, sports, dance, gymnastics, outdoor education and physical recreation. These skills are taught and incorporated both incidentally and explicitly throughout the JP PE Program at BPS.

## **Strand & Sub-Strands (R-7)**

Movement & Physical Activity

- Moving our Bodies
- Understanding Movement
- Learning Through Movement

## **Unit overview – Skill development**

### **Cooperative Learning & Teamwork**

**Developing Skills:** Team work, following instructions, personal safety, fair play, movement patterns and sequences, chasing, dodging, spatial awareness, locomotor movements, speed, direction, pathways, cooperation, communication, tactics.

### **Circuits**

**Developing Skills:** Ball dribbling, hula hooping, balancing bean bags, dancing, throwing & catching, striking with implements, skipping, shooting hoops or juggling, balloons, rebound nets, bat & ball.

### **Gymnastics**

**Developing Skills:** rhythm actions, spatial awareness, body positioning, movement challenges, ACRO skills, turns, jumps, rolls, leaps, tumbles, landing.

The **MIDDLE AND UPPER PRIMARY PE PROGRAM** focuses on progressive skill development in modified games, ranging from simple skills and games in Year 2 - 4, to practising with persistence and modifying skills in Years 5-7. Skills are taught incidentally and explicitly, through demonstration, clear and concise instruction, repetition and drawing a link to other sports / skills learnt in previous PE lessons.

## **Unit overview – Skill development**

### **Ultimate Frisbee**

**Developing Skills:** Passing the Frisbee from player to player; catching the Frisbee with one or both hands; running by changing direction and speed; and deception by faking passes and runs.

### **Athletics**

**Developing Skills:** High jump and long jump - speed and timing of stride, posture, arm movement, leg kick and land. Discus and shot put will look at balance, arm, elbow and shoulder alignment, transfer of weight, upper body strength, foot positioning and fine hand movement - grip and finger placement.

### **Australian Rules Football**

**Developing Skills:** in handballing to a target or player, marking the ball, bouncing the ball, kicking to a target and evasion skills.