PE Overview Term 2, 2016

Yr R-2

Strand & Sub-Strands
Movement & Physical Activity
  • Moving our Bodies
  • Understanding Movement
  • Learning Through Movement

Unit overview – Skill development

Kicking & Punting
Developing Skills: rotation, balance, transfer of body weight, hand/foot coordination, footwork, direction, strength, stepping, leaping, following through, trapping, firm foot, arm positioning

Mini Netball
Developing Skills: catching, throwing, passing, shooting, hand/eye coordination, footwork, transfer of body weight, directions, cooperation, communication

Throwing & Catching
Developing Skills: foot positioning, arm and elbow positioning, grip on ball, finger placement, stance, extension, follow through, aim, strength, accuracy, eyes focused, hand/eye coordination

Yr 3-6
Sub Strands from ACARA:

MOVING OUR BODY
Practise specialised movement skills and apply them in a variety of movement sequences & situations

Propose and apply movement concepts and strategies with and without equipment:

Football (Soccer) - in striking, tracking, trapping, heading and dribbling soccer balls. Playing lots of modified games that incorporate these skills.

Netball - in shooting, bouncing, throwing, catching, and tracking netballs. Playing lots of modified games that incorporate these skills.

Badminton – in tracking, striking and serving. Playing lots of modified games that incorporate these skills.

Students in Year 3-6 play lots of modified games that refine skills.

Yr 7
Sub Strands from ACARA:

MOVING OUR BODY
Use feedback to improve body control and coordination when performing specialised movement skills in a variety of situations

Practise, apply and transfer movement concepts and strategies with and without equipment:

Football (Soccer) - in striking, tracking, trapping, heading and dribbling soccer balls. Playing lots of modified games that incorporate these skills.

Netball - in shooting, bouncing, throwing, catching, and tracking netballs. Playing lots of modified games that incorporate these skills.

Badminton – in tracking, striking and serving. Playing lots of modified games that incorporate these skills.

Students in Year 7 practise with persistence and modify skills in an increasing variety of activities by focusing on individual and team play.