Welcome to Term Three in Health and Physical Education 2015

Year Level: PREP, Grade 1 and 2, Grades 3 and 4 & Grades 5 and 6.

Hello once again to all parents and Guardians,

This term we are moving towards athletics! There is no Interschool sport this term. Alternatively this term there will be a one hour training session every week on Thursday afternoons, where students will learn the fundamentals of the various disciplines needed in Track and Field athletics. At the end of August students will be given every opportunity to participate in the district sports carnival which will be held at Newport Athletics Centre. As always, please feel free to contact me before or after school with any questions, queries or concerns.

Regards,
Rasha obucinski
Sports Coordinator.

What we expect the students to learn in PREP (Health and Physical Education):

The Prep Students in third term we will introduce a variety of modified games to establish the basic rules of competitive sports and how to enjoy yourself through trying your hardest and observing rules. I will consolidate their understanding of the techniques needed to throw, catch, dodge and run. We will again focus on Fundamental Motor Skill activities involving soft round balls to practise and consolidate their hand to eye coordination and continue to improve their basic skills such as bouncing, throwing and catching. Students that have already developed these abilities will continue to be encouraged through strategic questioning to articulate their ideas to their peers and support their classmates learning. I will continue to work with those students to learn new skills and encourage taking on leadership and role modelling of good behaviour.

What we expect the students to learn in Grade 1 &2 (Health and Physical Education):

This term, in HPE students in grades 1 and 2 will start to work on the basic techniques and requirements of safety needed in Track and field Athletics. Students will be encouraged to increase their fitness and skills base by participating in modified and mainstream Athletics activities. We will be looking at Shot Put, Discus, Long Jump, High Jump and how to run sprints, long distance and relays. They will be encouraged to learn and develop simple strategies to help achieve their personal bests against opponents that are also their peers. Trying their personal best, learning new skills and enjoying participation will still be the central focus this term.
What we expect the students to learn in Grades 3 & 4 (Health and Physical Education):
During Term 2 grade 3 and 4 students will be reintroduced and consolidate the skills and requirements of participating in Track and Field Athletics. We will examine Shot Put, High Jump, Long Jump, Discus and how to run Sprints, Long Distance and relays. Students will continue to develop their knowledge of stretching and how to warm up appropriately for each different athletic activity. Human physiology will continue to be discussed in each session so that students can develop an understanding of which muscle groups are being used when stretching and doing athletics, and how muscle development affects their performance. All activities will be preceded by a fundamental motor skill activity related to the form of athletics being practised and explored. The sessions always conclude with a Teaching Games for Understanding (Inquiry based) reflection by the students on what they have learned and how they could improve performance using strategies.

What we expect the students to learn in Grades 5 & 6 (Health and Physical Education):
In grade Grades 5 and 6 we will be practising and extending the already established understandings and skills required in Track and Field athletics. Students will be working on how to develop and incorporate the strategic skills that they have discussed during HPE sessions into competitive athletics activities such as Shot Put, High Jump, Long Jump, and Discus and how to effectively run Sprints, Long Distance and relays. Students will continue to begin each session with appropriate student led warm ups and stretches. We then follow up using a fundamental motor skill based activity related to the athletics activity that they would be learning that session. Students as always will be expected to participate to the best of their ability and answer structured inquiry based questions to help encourage and develop further exploration of successful strategies. As always at this level students will be encouraged to participate in extracurricular sport.

Important Dates:
EVERY Thursday Afternoon – Athletics Rotations
- Whole school activity day 14th of August.
- Inter school athletics day 27th of August

If you have any queries please feel free to see me before or after school or alternately just leave a message and phone number and I will get in contact ASAP.

Other information: If you haven’t already done so, please encourage your children to take up an organised extracurricular sport. See me if you need information regarding local sports clubs. Information regarding school sport can be found at the following link.