

Welcome to Term Three in Health and Physical Education 2017

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 there is no weekly Interschool sport scheduled to be played. Alternatively, there will be an Interschool Athletics Day held on Tuesday, August the 22nd. During the term students will learn the fundamentals and finer points of the various disciplines that are included in the track and field athletic carnival. This will be the focus during our HPE lessons and will lead to having training groups set up to practice during the week at lunch and recess times. Students will be given every opportunity to qualify and participate in the district sports carnival, which will be held at Newport Athletics Centre. As well as athletics, Grade Prep through to Grade Four will be attending Sunshine Leisure Centre to take part in swimming and water safety lessons. The lessons will begin on Monday the fourth of September and continue each day until their conclusion on Friday the eighth of September. Places are filling quickly so I suggest that you book as soon as possible. The cut off day for payments is the 4th of August and the price is an amazingly low \$42.00. Please see our friendly office for any queries regarding payment. As always, please feel free to contact me before or after school with any questions, queries or concerns regarding any of these programs.

Regards,

Leo Damnic

Sports Coordinator and HPE Teacher.

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

The Prep Students in third term will be introduced to 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. Students 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 best 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 closely 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 will 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.

Important Dates:

- Tuesday August the 22nd – Interschool Athletics competition. At the moment it is scheduled to run at Newport Little Athletics sports field, but is yet to be confirmed.
- Monday September the 4th and concluding on Friday September the 8th– Water Safety and introductory swimming program for grade Prep through to grade Four

- ✚ 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.

Specialist lessons days and times:

Health and Physical Education	Year Level
Prep A	Thursday: 11:30AM-12:30PM
Prep B	Friday: 10:00AM-11:00AM
Prep C	Thursday: 10:00AM-11:00AM
Grade 1B	Wednesday: 11:30AM-12:30PM
Grade 1C	Wednesday: 10:00AM-1:00AM
Grade 1D	Friday: 9:00AM- 10:00PM
Grade 2A	Tuesday: 2:15PM-3:15PM
Grade2B	Tuesday: 10:00AM- 11:00AM
Grade 2C	Monday:11:30 AM- 12.30 PM
Grade 2A	Friday: 11:30AM-12:30PM
Grade 3A	Monday: 2:15PM-3:15PM
Grade 3B	Monday: 10:00AM-11:00AM
Grade 3-4 A	Friday: 11:30AM -12:30PM
Grade 4A	Tuesday: 9:00AM-10:00AM)
Grade 4B	Monday: 12:30PM-1:30PM
Grade 5A	Thursday: 9:00AM-10:00AM
Grade 5B	Wednesday: 12:30PM-1:30PM
Grade 6A	Tuesday: 12.30PM-1:30PM
Grade 6B	Monday: 9:00AM-10:00AM

- ✚ **Other information:** If your child is interested in taking up any organised extracurricular sports there many opportunities available. See me if you need information regarding local sports clubs. Information regarding school sport can be found at the following link.

<https://www.ssv.vic.edu.au/Pages/default.aspx>