Welcome to term four to all parents and Guardians,

It is our final term for this year, within Physical education this term we are going to be focusing on trying new and unconventional sports to exemplify that not only soccer, basketball, football and other similar sports are the only sports that build skill, strategic thinking and teamwork. Furthermore it gives every student the ability to experience something new that they might excel in or really enjoy for years to come.

Keeping within our main focus that we have had all year of improving students’ motors kills and strategic thinking. Below is a outline of what we expect students to learn this term.

**What we expect the students to learn in PREP**

Students this term will continue to develop their understanding of safety as a primary focus in all sport. We will introduce a variety of modified games such as Bucketball, Pony Express, and Golden Child to teach them about boundaries and the basic rules of competitive sports. The main focus will be how to enjoy yourself through trying your hardest and observing rules. I will continue to use Fundamental Motor Skill activities involving large and small soft round balls to practise and develop their hand to eye coordination and 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 help them learn new skills such as positioning, using your voice and encouraging them to take on leadership roles.

**What we expect the students to learn in Grade 1 &2**

This term students in grades 1 and 2 will participate in activities in small and large groups to aid their understanding of positioning, observing boundaries, concentrating and backing each other up during games. All students will be take part in modified games that will allow extension of their fundamental motor skills, hand to eye coordination and consolidate their use of basic strategies to improve performance. They will be encouraged to develop and use simple tactics to help play against opponents. Trying their personal best and enjoying participation will still be the central focus this term. The modified games will be simplified variations of games such as Basketball, Netball, Evasion/Invasion games, and soccer. The students will continue to prioritise safe sports practise by following rules and developing a closer understanding of the rules of court and field games.

**What we expect the students to learn in Grades 3 & 4**
Students will develop their knowledge of stretching and how to warm up appropriately for each different sport. Human physiology will be discussed in each session so that students can develop an understanding of which muscle groups are being used when stretching and playing sport, and how muscle development can affect their performance. In grade 3 and 4 students will continue to learn the value and principles of developing strategies to aid performance during all facets of sport and learning in general. All activities will be preceded by a fundamental motor skill activity related to the sport being played and explored. This term students will participate in the exploration of various strategies that can be developed and extended during modified games and will relate to tactics used in major games such as lacrosse, futsal and ultimate frisbee. The sessions always conclude with a Teaching Games for Understanding (Inquiry based) reflection and self assessment 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
Students always begin each session with appropriate student led warm ups and stretches. This helps them tune in and focus when we follow up using a fundamental motor skill based activity related to the sport that they would be learning that session. During Term 4 Grade 5 and 6 students will be learning how to develop and incorporate the strategic skills that they have discussed during HPE sessions into major games and minor modified games. Students as always will be expected to participate to the best of their ability in the activities and games and answer open ended and structured inquiry based questions to help encourage and develop further exploration of successful strategies. At this level students will continue to be encouraged to participate in extracurricular sport and experiencing new sports, this term students will have a skateboarding day where students will be tough by highly qualified skateboard instructors on how to skateboard. Showing students that not just conventional sports are fun but all sports. Students will also be encouraged to maintain a healthy exercise regime and eating pattern. We will make sure that all students have the basic skills to safely participate, develop successful strategies, enjoy and contribute to the sport they are taking part in.

Specialist lessons days and times:

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.

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

P.E coordinator, Rasha Obucinski.