



## Welcome back to Term four in Health and Physical Education 2016

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

Hello again to all parents and Guardians,

Term four always has been an exciting term for the Physical Education program, with the chance for students to try and experiences new sports and games. The goal for this term was to introduce students to sports that they have never played or even seen before, such as hockey, lacrosse, ultimate Frisbee and volleyball. The purpose of introducing new and wonderful sports to the students is our focus on growth mind set permitting even the most gifted sportsmen to challenges themselves with unique spots' they haven't played before. In addition for this term Sunshine Heights has always been known for their amazing whole school events and this term is no different. Later this term we will be hosting our whole school annual sporting day! The sporting day is always an exciting and a fun for all event that allows students to feel a small sense of friendly and fun competition. In conclusion I hope that the Sunshine Heights community enjoys what this terms Physical education program has to offer.

Regards,  
Rasha Obucinski  
Sports Coordinator and HPE Teacher.

**What we expect the students to learn in PREP (Health and Physical Education):** 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 to reinforce to them the basic rules of competitive sports and how to enjoy yourself through trying your hardest and observing rules. I will continue to use Fundamental Motor Skill activities involving 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 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 continue to do activities in small groups to help with their understanding of teamwork, concentrating and backing each other up during games. Students will be participating in modified games that will support and extend their fundamental motor skills, hand to eye coordination and understanding of how to use basic strategies to improve performance. The modified games will be simplified variations of games such as Football , Ultimate Frisbee, Evasion/Invasion games, and soccer. The students will continue to focus on safety, following rules and understanding the

boundaries and rules of court and field games. They will be encouraged to learn and develop simple strategies to help play against opponents. Trying their personal best 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):**

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. This term students will be introduced to the rules of our Winter sport major games such as Netball, Football, Tee Ball, and Newcombe (a variation of Volleyball). Students will develop their knowledge of stretching and how to warm up appropriately for each different sport. Human physiology will be discussed on 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 affects their performance. All activities will be preceded by a fundamental motor skill activity related to the sport being played 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):**

During Term 4 the 5 & 6 students will be focusing on new sports they have never played before such as hockey and volleyball. Involving students in new and unknown sports allows them to build on our school focuses of growth mind set. 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 will be learning that session. Students as always will be expected to participate to the best of their ability in the activities and games and answer structured inquiry based questions to help encourage and develop further exploration of successful strategies. Students will also play the games that are part of our winter interschool sport program to learn the rules and principles of each game. At this level students will be encouraged to participate in extracurricular sport. We will make try to make sure that all students have the basic skills to safely participate, develop successful strategies, enjoy and contribute to the sport they are participating in. Students will also be encouraged to maintain a healthy exercise regime and eating pattern.

### **Important Dates:**

November 4<sup>th</sup> whole school sports day

**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.

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