



Term Four in Health and Physical Education 2017

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

Welcome to Term Four to all parents and Guardians,

The last term of each year is full of physically demanding events such as the Festive Concert where meticulously practiced dance routines that the students really enjoy learning are presented to parents. In Physical Education, we concentrate on consolidating the skills already learned throughout the year by teaching new games mixed with old favourites to create a healthy and engaging experience for all. Many of the games cater for a number of different individual skills, i.e. 'Golden Child' and 'Pony Express', which allow all students to experience success at varying levels. This leads to the enjoyment of taking part in physical activity no matter where a student's talents currently are strongest. Enjoyment, teamwork, strategic understanding (beginning at grade three onwards) and above all safety are the themes that are paramount throughout this term. During the course of the term, it may be necessary to go outside for various activities. I encourage all students to bring a SunSmart hat, bottle of water and personal sunscreen to all lessons. Every effort will be made to keep students in shaded areas but on occasion, it may be necessary to move into sunlit play areas. Whilst PE activities in the sun will not be for extended periods, a cumulative affect during recess and lunch could lead to overexposure without sun protection. This term as always, please feel free to contact me before or after school with any questions, queries or concerns.

Regards,

Leo Damnic

Sports Coordinator and HPE Teacher.

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. They will extend their 'Growth Mindset' by introducing 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 'Growth Mindset' through extending their understanding of positioning, observing boundaries, concentrating and backing each other up during games. All students will 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

In Term 4 students will develop their 'Growth Mindset' by extending 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 Grades 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 Basketball, Soccer and Netball. 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 implementing individually learned and group discussed 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 extend their 'Growth Mindset' and 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. 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. Students will also be encouraged to maintain a healthy exercise regime and eating pattern. We will try to make sure that all students have the basic skills to safely participate, develop successful strategies, enjoy and contribute to any sport they are taking part in.

- ✚ 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: 9:00AM-10:00AM
Prep C	Thursday: 10:00AM-11:00AM
Grade 1A	Tuesday: 11:30AM-12:30PM
Grade 1B	Wednesday: 11:30AM-12:30PM
Grade 1C	Wednesday: 10:00AM- 11:00AM
Grade 1D	Friday: 10:00 AM-11:00AM
Grade 2A	Tuesday: 2:15PM-3:15PM
Grade 2B	Tuesday:9:00AM- 10:00AM
Grade 2C	Monday: 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: 10:00AM-11:00AM
Grade 4B	Monday: 12:30PM-1:30PM
Grade 5A	Tuesday: 12:30PM-1:30PM
Grade 5B	Wednesday: 12:30PM-1:30PM
Grade 6A	Thursday: 9.00AM-10:00AM
Grade 6B	Monday: 9:00AM-10:00AM

- ✚ **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 or simply google your sport of choice and your desired venue distance.

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