

Term 3, 2016 –

Physical Education Overview



Week & Date	FOUNDATION	Level 1 & 2	Level 3 & 4	Level 5 & 6
1 – 11/7	FMS: Overhand Throw. Students will begin developing a basic overhand throwing movement pattern	FMS: Ball Bounce – students will learn about bouncing and dribbling different sizes and shapes of balls. Hand-Eye coordination developed.	Level 3: 100m, 200m, Relay Team Try-Outs Level 4: Athletics Try-Outs	Basketball – Students will develop dribbling, passing and shooting skills whilst working in a team-based environment.
2 – 18/7			Level 3: Badminton Clinics 1&2 Level 4: Two-Handed Strike	
3 – 25/7				
4 – 1/8	FMS: Catch – Hand-Eye coordination and catching skills are developed	FMS: Kick. Students will be guided through the proper kicking technique, continuing their development of that skill.	Level 3: Badminton Level 4: Team building activities	European Basketball – Students will be introduced to this Summer Inter-School Sport choice. 12/8: Athletics Carnival
5 – 8/8			Level 3: Introduction to hockey/tennis	
6 – 15/8			Level 4: Building activities- students will be asked to work together to complete various challenges. 12/8: Athletics Carnival	
7 – 22/8	Health Lesson - COL	Health Lesson - COL	Health Lesson - COL	Health Lesson – COL 26/8: Yr 6 Inter-School Basketball Tournament
8 – 29/8	FMS: Kick - Students will be introduced to the kicking technique	FMS: Dodge – Students will develop their ability to change direction quickly and accurately.	FMS: Forehand Strike – Through development of hand-eye coordination, students will seek to improve their forehand strike technique.	Tennis – Participation in a variety of games and challenges to improve students' movement patterns and strike technique
9 – 5/9				
10 – 12/9				
Special Events: Red FMS: Fundamental Motor Skills *Subject to change				