



Term 3, 2017 – Physical Education Overview

Week & Date Commencing	FOUNDATION	Level 1 & 2	Level 3 & 4	Level 5 & 6
1 – 17/7	FMS: Overhand Throw. Students are introduced to this skill, and encouraged to have fun in gameplay whilst learning. Effective technique will be encouraged.	FMS: Vertical Jump Through playing different games, students will gain a greater sense of awareness and control when jumping.	Athletics Try-Outs: Yr 3 – Sprint Relay Yr 4 – 100m, Hurdles	Athletics Try-Outs: 100m, Hurdles
2 – 24/7			Yr 3 – FMS: Two-Handed Strike Yr 4 - Aths Try-Outs: 200m, Shot Put	Athletics Try-Outs: 200m, Shot Put
3 – 31/7			Yr 3 - North Melbourne Football Club Clinic Yr 4 - FMS: Two-Handed Strike Mainly focussing on Hockey, students will participate in activities focussing on hand-eye coordination	Yr 5 – North Melbourne Football Club Clinic Yr 6 - Fitness Education Students to test their fitness and create personal goals
4 – 7/8	FMS: Catch Combining the previous skill of Throwing to catching allows learners to continue to deepen prior knowledge, whilst acquiring new skills. Focus and coordination are the focus in this unit.	FMS: Ball Bounce – Focussing mainly on basketball and dribbling skills, students will deepen their understanding of how different balls react when bounced.	FMS: Punt Kicking techniques for AFL and Soccer will be developed through gameplay	European Handball – Inter-school sport prep for this Olympic invasion game. Throwing, catching, and game sense skills are the focus.
5 – 14/8				
6 – 21/8				
7 – 28/8	Jump Rope for Heart			
8 – 4/9	All students will be participating in this program, designed to raise money and awareness for the Heart Foundation. Programs will be catered to individual year levels. It will conclude with a school-wide 'Jump Off' event where students can demonstrate their learning.			
9 – 11/9				
10 - 18/9				
Sports Events: District Athletics Carnival: Monday 7th August (select students from grades 3 -6)				
*Dates subject to change *FMS = Fundamental Motor Skills				