



Welcome to Term One of Physical Education 2019

Year Levels: Foundation, Grade 1 and 2, Grades 3 and 4 & Grades 5 and 6.

Dear Parents and Guardians,

I'd like to personally issue a huge welcome to those new to our school and a big hello to those families and students returning in 2019. Please feel free to contact me before or after school with any questions, queries or concerns.

Regards,

Leo Damnics

Sports Coordinator and HPE Teacher.

What we expect the students to learn in Foundation (Essential Learnings Physical Education): Students this term will begin to develop their understanding of safety as a primary focus in all sport. We will use modified games to show them the basic rules of competitive sports and how to enjoy yourself by trying your hardest rather than winning at all costs. The Preps will use Fundamental Motor Skill activities involving soft round balls to teach them hand to eye coordination and basic skills such as bouncing, throwing and catching. Students that have already developed these abilities will be encouraged through strategic questioning to articulate their strategies to their peers to support their classmate's learning. I will work with those students to improve their technique and to encourage their taking on leadership and role modelling of behaviour responsibilities.

What we expect the students to learn in Grade 1 &2 (Essential Learnings Physical Education): This term, in HPE, students in Grades 1 and 2 will start 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 Cricket, Basketball, mini Tennis and Soccer. The students will focus on safety, following rules and understanding the boundaries of court and field games whilst learning to develop simple strategies to help play against opponents. Trying their personal best and enjoying participation will be a central focus for the term.

What we expect the students to learn in Grades 3 & 4 (Essential Learnings Physical Education):

In Grade 3 and 4 students will be learning 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 major games such as Basketball, Kanga Cricket, Soccer and mini Tennis. Students will learn how to stretch and warm up appropriately for each different sport. Human physiology will be touched on briefly in each session so that students can develop an understanding of which muscle groups are being used and how muscle development affects performance. All activities will be preceded by a fundamental motor skill activity related to the sport being played and explored. The session will 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 (Essential Learnings Physical Education):

During Term 1 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 (Soccer, Basketball etc.). Students will begin each session with appropriate student led warm ups and stretches. They will then tune in and focus using a fundamental motor skill based activity related to the sport that they will be learning that session. Students will be expected to participate to the best of their ability in the activities and games and answer structured inquiry based questions that will encourage further exploration of successful strategies. Students will also play the games that are part of our summer 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 sure that all students have the basic skills to safely participate, develop successful strategies, enjoy and contribute to the sport in which they are participating. Students will also be encouraged to maintain a healthy exercise regime and eating pattern.

***Interschool Sport:** The games for interschool sport are girls and boys modified soccer, girls and mixed basketball. Kanga Cricket mixed 8s and a modified form of Mini Tennis. You will be able to find a fixture in the School Newsletter with dates and venues included.

Important Dates:)

- EVERY FRIDAY - Interschool Sport, see the newsletter for the Summer Sport fixture (Starts Week 2, February 15th)
- **If you have any queries please feel free to see me before or after school.**

Specialist lessons days and times:

Year Level	Health and Physical Education
Prep A	Thursday: 9:00AM-10:00AM
Prep B	Friday: 11:30AM-12:30AM
Prep C	Tuesday: 10:00AM-11:00AM
Grade 1A	Wednesday: 12:30PM-1.30AM
Grade 1B	Tuesday: 11:30AM-12:30PM
Grade 1C	Thursday: 2:15PM-3:15PM
Grade 2A	Friday: 12:30PM-1:30PM
Grade2B	Wednesday: 11:30AM- 12:30PM
Grade 3A	Monday: 2:15PM-3:15PM
Grade 3B	Wednesday: 9:00AM-10:00AM
Grade 3C	Tuesday 12:30PM-1:30PM
Grade 3-4 A	Thursday: 12:30PM -1:30PM
Grade 4A	Wednesday: 2:15PM-3:15PM
Grade 4B	Thursday: 11:30AM-12:30PM
Grade 5A	Thursday: 10:00AM-11:00AM
Grade 5B	Monday: 10:00AM-11:00AM
Grade 5/6A	Monday: 11.30AM-12:30PM
Grade 6A	Tuesday 9:00AM-10:00AM

Other information: Please encourage your children to take up an 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>