

2018 Physical Education Newsletter



Welcome to Term Two of Physical Education 2018

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

Dear Parents and Guardians,

Term 2 promises to be another fun filled one with students continuing to build on their fitness and physical skills, Updates and highlights of your child participating in Health and Physical education will be posted and updated on SeeSaw.

Regards,
Leo Damnic
Sports Coordinator and HPE Teacher.

What we expect the students to learn in Foundation (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, students will use 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 and mindset to articulate and support their ideas to assist their peers and enhance their classmates' learning. I will continue to work with those students to learn new skills and encourage taking on simple leadership and role modelling of good behaviour.

What we expect the students to learn in Grades 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 AFL, Netball, 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.



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State School no. 4744

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, AFL 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 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 2 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 including AFL Football, Netball, Newcombe and Tee Ball. 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.

Winter Interschool Sports

The winter interschool sports season has arrived during term 2 to warm us up and keep us fit. The district has chosen AFL football, Tee Ball, Newcombe and Girls and Mixed netball as our contested sports. We will have very competitive teams in all of the above; the students will be encouraged to learn that the enjoyment of competition is enjoyable as is the thrill of victory when you have tried your hardest and defeat when a team has managed to defeat you. The knowledge that you give your personal best is the most satisfying feeling any competitor can enjoy. If your child wishes to play a sport outside of school and you need any assistance in finding a junior team in a particular sport, please let me know and I will assist you to find something suiting your child's and your requirements. Interschool sport this term will begin on the 4th of May. There will again be a fixture in the School Newsletter with dates and venues included. As always, please feel free to contact me before or after school with any questions, queries or concerns.



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***Parents of Grade Six students please remember:**

- EVERY FRIDAY - Interschool Sport, see the newsletter for the fixture (Starts Week 3 Friday May 4th)

Specialist lessons days and times:

Year Level	Health and Physical Education
Prep A	Friday: 11:30AM-12:30PM
Prep B	Monday:11:30AM-12:30PM
Prep C	Thursday: 10:00AM-11:00AM
Grade 1A	Tuesday: 2:15PM-3:15PM
Grade 1B	Thursday: 9:00AM-10:00AM
Grade 1C	Wednesday: 12:30PM-1:30PM
Grade 2A	Monday: 12:30PM-1:30PM
Grade 2B	Monday: 2:15PM- 3:15PM
Grade 2C	Tuesday:10:00 AM- 11.00 AM
Grade 3A	Monday: 10:00AM-11.00AM
Grade 3B	Tuesday: 9:00AM-10:00AM
Grade 3-4 A	Tuesday: 11:30AM -12:30PM
Grade 4A	Friday: 12:30PM-1:30PM
Grade 4B	Wednesday: 10:00AM-11:00AM
Grade 5A	Wednesday: 2:15PM-3:15PM
Grade 5B	Thursday: 11:30AM-12:30PM
Grade 6A	Tuesday: 12.30PM-1:30PM
Grade 6B	Wednesday: 9:00AM-10:00AM

Useful link for parents:

<https://www.ssv.vic.edu.au>



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