

PHYSICAL EDUCATION

TERM 1

WELCOME BACK!

I hope that you all had a safe and happy holiday.

My name is Ms Tzivanidis, and I am a new staff member at the school. I will be teaching Physical Education this year. I am excited to take over from Ms Pope and continue developing student's fundamental skills in sport, while promoting sportsmanship, leadership and teamwork.

THIS TERM

Grade 5 & 6 INTERSCHOOL SPORTS

- Every Friday morning

SWIMMING

- 10th- 20th of March

SWIMMING

Full details regarding swimming will be on XUNO shortly.



PREP

PMP

Students in Foundation will be introduced to the Perceptual Motor Program (PMP). This program focuses on developing fundamental movement and coordination skills through structured and engaging activities.

GR 1 & 2

FMS

Grade 1 & 2 students will be practising and developing their Fundamental Movement Skills (FMS) such as running, dodging, throwing and catching. Students will further develop these skill into game based activities.

GR 3

FMS

Grade 3 students will continue to develop their Fundamental Movement Skills, with a focus on catching and overarm throwing. Students will apply these skills in a variety of game-based activities.

GR 4

FITNESS AND ATHLETICS

Grade 4 students will further develop their understanding of fitness and athletics, focusing on strength, endurance, speed and agility. Students will participate in a range of athletic activities and modified games while learning correct techniques, rules and the importance of fair play and teamwork.

GR 5 & 6

INTERSCHOOL SPORTS

Grade 5 and 6 students will continue to develop their skills and understanding of sports played in our district interschool sports competition, while also learning about fitness and athletics.

MS TZIVANIDIS