Each week, students will participate in a 30 minute Physical Education session. During this time students will focus on Fundamental Motor Skills and specific skills and rules required for different sports. They will also have another sports session with their class teacher at some point during the week, where students will participate in a mixture of individual, paired, small group and whole class games and activities that will provide them with many opportunities to practise and refine these skills.

### Foundation:
The Foundation students will be developing various Fundamental Motor Skills such as running, jumping, dodging, catching and kicking. They will work through a series of rotation activities each week that will develop these motor skills and encourage them to become more confident and active participants in physical activities. They will also have the opportunity to participate in simple group activities that will encourage them to display good sportsmanship towards their classmates, to work as a team and to be able to demonstrate an understanding of simple rules and use equipment safely.

### Grade 1/2:
Students will be focusing on continuing to develop and refine their Fundamental Motor Skills. These skills, such as running, catching, kicking, vertical jumps, dodging, overhand throwing, forehand strike and ball bounce, are essential skills for our students to learn and develop, in order to be able to participate confidently and effectively in team sports and physical games. The students are taught the different skill components required to perform each of the Fundamental Motor Skills. They will then participate in a mixture of individual, paired, small group and whole class games and activities, that will provide them with many opportunities to practise and refine these motor skills. The students will also learn and play a number of fun group games such as ball tiggy, horses and jockeys, Tee-pees and Indians, fruit salad, hot hoops, cat and mouse, rats and rabbits, just to name a few! Students will also have the opportunity towards the end of the term to participate in Jog the Block on Wednesdays during recess.

### Grade 3/4
Students will continue to work on refining their Fundamental Motor Skills. We will be concentrating on two team sports this term – Cricket and Soccer. Each week, students will undertake various drills and activities designed to help them develop and refine the skills required for the games. In cricket we will be concentrating on batting, bowling and fielding techniques. In soccer, we will be working on dribbling, passing, stopping the ball, kicking goals and strategies to use in a game situation. Students will also have a couple of weeks at the end of the term to use our modified tennis nets. During Term 1 we will begin Jog the Block to train for the SSV (School Sports Victoria) Cross Country competition which will be held in Term 2. Students will continue to be encouraged and reminded to demonstrate good sportsmanship, to be an effective member of a team and to work co-operatively alongside peers, regardless of ability, in all activities and games in our P.E lessons.
Grade 5/6
Students will continue to work on further refining their Fundamental Motor Skills. We will begin with the game of Cricket. Each week, students will undertake various drills and activities designed to help them develop and refine the skills required including batting, bowling and fielding. In week 5 we will begin preparing students for the team sports they will participate in during the Term 2 Inter-School Sports Competition. These sports are football, rounders and basketball. Students will have the opportunity to work with their team mates to refine and develop their skills and to develop strategies to use in the game. We will begin Jog the Block to train for the SSV (School Sports Victoria) Cross Country competition which will be held in Term 2. Students will continue to be encouraged and reminded to demonstrate good sportsmanship, to be an effective member of a team and to work co-operatively alongside peers, regardless of ability, in all activities and games in our P.E lessons.