

RECEPTION

The main focus of Physical Education sessions in term one will be establishing positive relationships with our new Aldgate beginners. Making connections and sharing identity characteristics with the children is paramount in developing trust. We will reinforce our school values as they underpin our behaviour standards. We will create safe conditions for rigorous learning by being sensitive to the needs of the students. In PE classes, mistakes are encouraged, curiosity is cultivated and inquiry is fostered as students are challenged to take risks to maximise progress and achievement.

Our younger students will be introduced to **handball**, focusing on manipulating a big ball and learning the fundamentals of two-handed catch, passing, running with the ball and making decisions.

Students will experience SACA cricket (wk 3) and hockey SA (wk 4) clinics.

Sports Day will be Friday March 19th Week 8 and **Athletics** will be taught explicitly across the entire school. In preparation for Sports Day, our receptions will be learning the fundamentals of running and how to sprint. In addition to this we will also introduce our receptions to the field events of discus, shot put, long jump and high jump in a modified format.

Our reception group will be working hard on how to be an **organised participant** (forming teams/lines, taking turns, playing by the rules and following instructions) and developing **spatial awareness** (eyes peeled, avoiding collisions and adjusting travel speed). These will be taught through **movement exploration** games eg stuck in the mud, octopus, chain chasey, red rover.

Students will be developing both **locomotor** and **manipulative skills** through teaching for transfer games. The **fundamental movement skills** (fms) students will be performing are: bounce, gallop, roll, stop, catch, hop, run, stay, crawl, jump, swing, kick, skip, throw, dodge, leap, slide, trap, dribble, pull, turn, fall, strike and walk. Coordination will be pivotal when acquiring these skills.

YEAR 1-2

Year 1 and 2 students will be introduced to **handball**, manipulating a big ball and building on the fundamentals of two-handed catch, passing, running with the ball and making decisions. They will be introduced to game play in small groups.

Students will experience SACA **cricket** (wk 3) and **hockey** SA (wk 4) clinics.

Sports Day will be Friday March 19th Week 8 and **Athletics** will be taught explicitly across the entire school. In preparation for Sports Day, our receptions will be learning the fundamentals of running, sprinting and the baton change. In addition to this we will also expose our learners to the field events of discus, shot put, long jump and high jump in 'give it a go' sessions.

Our Year 1 and 2 students will be consolidating on the hard work they learnt in Reception. They will continue to work on **organising themselves** (forming teams/lines, taking turns, playing by the rules and following instructions) and building on their **spatial awareness** (eyes peeled, avoiding collisions and adjusting travel speed). **Movement exploration** games eg stuck in the mud, octopus, chain chasey, red rover, everybody's it will be our vehicle to gauge growth in this area.

Students will continue to develop **locomotor** and **manipulative skills** through teaching for transfer games. The games we will be focussing on in term 1 will be based on **Invasion Games**. The **fundamental movement skills** (fms) students will be performing are: bounce, gallop, roll, stop, catch, hop, run, stay, crawl, jump, swing, kick, skip, throw, dodge, leap, slide, trap, dribble, pull, turn, fall, strike and walk. Coordination will be pivotal when acquiring these skills.

YEAR 3-5

Our year 3 to 5 students will be introduced to **handball**, focusing on manipulating a big ball and consolidating the fundamentals of two-handed catch, passing, running with the ball and making decisions. Students will be playing modified games of handball, highlighting the strategies of effective team play.

Students will enjoy SACA **cricket** (wk 3) and **hockey** SA (wk 4) clinics.

Students will be preparing for our annual Sports Day on Friday March 19th Week 8 and the focus for our Year 3, 4 and 5 will be learning **Athletics**. The fundamentals of long distance running, sprinting and the field events events; discus, shot put, long jump, high jump and hurdles will be taught. Our students will learn measuring and recording techniques for these events, challenging themselves to achieve new personal bests. Some of our students will be exposed to SAPSASA representation for the first time, through district Athletics and Swimming.

Our Year 3, 4 and 5 students will be consolidating on the hard work they learnt in Year 1 and 2. They will continue to work on **organising themselves** and mastering **spatial awareness**.

Students will continue to develop **locomotor** and **manipulative skills** through teaching for transfer games. The games we will be start focussing on in term 1 will be **Invasion Games**. Refinement and consolidation of **fundamental movement skills** (fms) learnings. Students will be performing are: bounce, gallop, roll, stop, catch, hop, run, stay, crawl, jump, swing, kick, skip, throw, dodge, leap, slide, trap, dribble, pull, turn, fall, strike and walk.

YEAR 6-7

Our years 6 and 7 students will be reintroduced to **handball**, focusing on manipulating a big ball and mastering the fundamentals of two-handed catch, passing, running with the ball and making decisions. Students will be playing games of handball, exposing students to rule making by modifying the game to make it more challenging and highlighting the strategies of effective team play.

Students will enjoy SACA **cricket** (wk 3) and **hockey** SA (wk 4) clinics.

Our Year 6 and 7 students will be refining and consolidating track and field events in **Athletics**. Students will be preparing for our annual Sports Day on Friday March 19th Week 8. We will be working on long distance running, sprinting and the field events events; discus, shot put, long jump, high jump and hurdles. Students will be making adjustments to techniques to heighten performance; recording personal best times/distances so that they can monitor their own progress and achievement. With the upcoming transitioning of our year 6 students to high school in 2022, this year both Year 6 and 7 students will be given the opportunity to lead our school into Sports Day through formal applications. Our students will be exposed to SAPSASA at district level through Athletics and Swimming, whilst some will be taking the opportunity to gain selection in The Aldgate Primary School's girls and boys knockout cricket and tennis teams.