

PE

Term One - 3 / 4 Curriculum

During term 1, students in grade 3 / 4 will participate in activities designed to enhance their fitness. Students will examine the benefits of physical activity and will investigate physical activities people engage in to maintain good health and wellbeing. Students will explore the physical activity and screen-usage time recommendations for children and discuss ways in which children they could meet them.

Students will be introduced to the game of Netball. Through minor games and sport specific situations, students will be required to practice and refine a broad range of skills including throwing, catching, dodging and shooting. Once these skills are established, students will work towards linking specialised skills in order to maintain possession. Through game play, students will be encouraged to think about game strategies, particularly ways to create space.

A key focus this term will be for students to participate in games that will develop awareness of personal safety and game boundaries. They will be required to contribute to fair decision making, including recognising unfairness and exclusion, and applying rules in game situations.

