

# PE

## Term One - 5 / 6 Curriculum

During term 1, students in grade 5/6 will participate in activities designed to enhance their fitness. They will examine the benefits of physical activity on their physical health as well as their social, emotional and mental health. Students will gain knowledge of health related and skills related fitness components and participate in activities designed to improve them.

Students will also participate in a Netball unit, where they will be required to practice and refine a broad range of specialised skills including throwing, catching, shooting and dodging. Once these skills have been established, students will be required to design and perform more complex sequences which link these specialised movement skills. Through game play, students will be encouraged to think about strategies and solutions to movement challenges.

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 proposing changes to rules and/or conditions to create inclusivity and fairer contest in game situations

