

PE

Term One - Prep Curriculum

During term one, students in grade Prep will complete a unit of work focused on the fundamental skills of throwing and catching. The ability to throw and catch are critical to lifelong enjoyment of ball games. The ability to watch/track the ball, get the hands ready to catch and to provide a 'soft' place for the ball, will be the focus. Once the skills are established and understood in isolation, students will have the opportunity to apply these skills into game situations where they will be used more dynamically.

Students will explore how physical activity helps to keep them healthy. They will participate in a variety of activities that will help them describe how their body responds and the long term benefits physical activity has on their health.

A key focus this term will be for students to participate in games that will develop awareness of personal safety and game boundaries, while developing social skills when working with others. They will be required to respond to a whistle and instructions, use equipment appropriately and play fairly.

