

Physical Education

During the year, students in Prep will focus on developing Fundamental Motor Skills (FMS). Learning to run, jump, hop, skip, leap, throw, catch, kick and punt are very important in developing the confidence and ability to enjoy physical activities throughout the life span.

In Term Two, the students will practise FMS in our junior athletics unit. At CSPS we have a junior athletics event that allows the children to strive for their personal best in a fun supported environment. The activities include long jump, high jump running races, shot put, javelin and discus. All of these activities are modified to allow for student engagement and success.

Students will also engage in a unit on kicking. This unit will help students refine their kicking skills whilst engaging in minor games. These games will develop an understanding of basic game play strategies.

During the week, the Year Prep classes will also engage in Physical Literacy classes that will further develop their fine motor skills as well as their attitude towards physical activity.

