

Prep – Foundation Movement Skills

This term students become aware of personal safety and game boundaries, become able to move at different speeds and in different directions with others in a designated area and attempt to work with a small group to complete a movement task or challenge.

Year 1 – Foundation Movement Skills

This term students become aware of personal safety and game boundaries, become able to move at different speeds and in different directions with others in a designated area and attempt to work with a small group to complete a movement task or challenge.

Year 1 – Swimming

In this unit swimming techniques are taught to students, to allow them to develop their competence in strokes appropriate for their age. They also attempt to apply the aquatic elements of movement to achieve optimal performance and also learn about water safety.

Year 2 – Foundation Movement Skills

This term students improve their awareness of personal safety and game boundaries, become able to move at different speeds and in different directions with others in a designated area and work with a small group to complete a movement task or challenge.

Year 2 – Swimming

In this unit swimming techniques are taught to students, to allow them to develop their competence in strokes appropriate for their age. They also attempt to apply the aquatic elements of movement to achieve optimal performance and also learn about water safety.

Year 3 – Athletics

In this unit students apply movement concepts and strategies to perform movement sequences in Long Jump, Shot put, High Jump, circular relays and Discus. Technically they should be able to Jump with control for height and distance using a variety of body positions, work toward improving their transfer of weight and body rotation in Shotput and Discus and improve on their circular relay baton changing technique.

Year 4 – Athletics

In this unit students apply movement concepts and strategies to perform movement sequences in Long Jump, Shot put, High Jump, circular relays and Discus. Technically they should be able to Jump with control for height and distance using a variety of body positions, work toward improving their transfer of weight and body rotation in Shotput and Discus and improve on their circular relay baton

changing technique.

Year 5 – Athletics

In this unit students apply movement concepts and strategies to perform movement sequences in Long Jump, Shot put, High Jump, circular relays and Discus. Technically they should be able to Jump with control for height and distance using a variety of body positions, work toward improving their transfer of weight and body rotation in Shotput and Discus and improve on their circular relay baton changing technique.

Year 6 – Athletics

In this unit students apply movement concepts and strategies to perform movement sequences in Long Jump, Shot put, High Jump, circular relays and Discus. Technically they should be able to Jump with control for height and distance using a variety of body positions, work toward improving their transfer of weight and body rotation in Shotput and Discus and improve on their circular relay baton changing technique.