



# Manorvale Primary School

## Health and Physical Education Program    Term 1 2021    Michael Saker

In Physical Education students learn to adopt a positive, long term attitude towards physical activity. Every year level participates in a weekly Physical Education (PE) lesson, which involves development in a range of skills, small group activities and whole class games throughout the year.

### Years Prep – 2

Prep-Year 2 students will participate in activities focused on basic movement and fundamental motor skills development. Students are introduced to and develop gross motor skills such as, running, kicking, catching, throwing, striking, leaping, dodging and jumping.

### Years 3 – 6

Year 3-6 students will participate fitness activities, minor games and major sports which focus on sport-specific skills. Students will develop a better understanding of fitness and the benefits of exercise through our Fitness Unit, and improve their skills in athletic events throughout our Athletics Unit. Students also have the opportunity to participate in a range of extra-curricular activities including:

- Swimming Carnival
- Athletics Carnival
- Cross Country

As part of the local interschool sports program, Year 5/6 students have the opportunity to compete against other schools in our Werribee District, with sports including football, soccer, basketball, netball, tee-ball, softball, volleyball and kanga cricket.

In swimming, cross country, athletics and Year 5/6 Sport Gala Days, students have the opportunity to progress from a school level through to District, Division, Regional and State competitions.