**PE Outline 2022 Woodlands PS**

The Health and Physical Education curriculum at Woodlands Primary School offers students an experiential curriculum that is contemporary, relevant, challenging, enjoyable and physically active.

Our PE program provides opportunities for students to develop, enhance and exhibit attitudes and values that promote a healthy lifestyle and to contribute to building healthy, safe and active communities.

In Year K-2 FMS is the focus through explicit teaching and fun games to enhance the experiences. Locomotor and non-locomotor skills such as rolling, balancing, sliding, jogging, running, leaping, jumping, hopping, dodging, galloping and skipping plus object control skills such as bouncing, throwing, catching, kicking, striking are taught and developed as the fundamentals of future sports learning.

In Year 3-4 our students are taught sports related skills through a variety of different sports and skills. An introduction to game sense, developing greater proficiency of movement across a range of skills and applying these with confidence and competence to a variety of physical activities is the goal. Students are taught to include others in all activities and how to recognise the consequences of personal and team actions, responding appropriately to ensure fair participation for all.

In Year 5-6 our students further develop and extend previously learned skills through a variety of sports. Our students are guided further into game sense experiences and understandings. The focus of the PE program moves from development to refinement, consolidation and greater proficiency across a range of specialised skills, strategies and tactics in game situations and movement challenges. They focus on improving skill selection and awareness of body position in relation to objects, other people and space, in offensive and defensive contexts.

**Major Events on the PE Yearly Planner.**

Term 1-Faction and Interschool Swimming.

Term 2-Faction and Interschool Cross Country plus Eagles Cup Interschool Sports(Netball, Soccer and AFL).

Term 3-Faction and Interschool Athletics, including Jumps and Throws Day.

Term 4-Interschool Cricket.

Friday Senior Sport-Year 4-6 Students develop skills for a variety of team sports.