

Health Years 5-7

Focus areas-Alcohol and Other Drugs -Food and Nutrition

Strand-Personal social and community health
Aims: Students can explore a range of factors and behaviours that can influence personal and community health, safety and wellbeing.

- What are drugs, a definition, legal v illegal, caffeine, cigarettes and facts, analgesics, refusing drugs, dependencies, strong choices, talking about it, peer pressure, support agencies.
- To recognise how media and important people in the community influence personal attitudes, beliefs, decisions and behaviours regarding food choices.

2021 Term 3 Learning Overview PE/Health



Port Noarlunga Primary School

Teacher
Mike Woolford
Years R-7

SAPSASA

Soccer Carnival Onkaparinga South

House Competitions

Volleyball Competitions Yrs 4/5 and 6/7

Organised Lunchtime Activities

Gymnastics Yrs R-3
coached by Yrs 5-7

Junior Primary

1. Focus area-Fundamental movement skills incorporating rhythmic and expressive activities with TRI SKILLS.

Strand: Movement and physical activity

Aims: Perform fundamental movement skills in a variety of movement sequences using specialized gymnastics and trampolining equipment.

2. Focus area-Fundamental movement skills using active play and minor games.

Strand: Movement and physical activity

Aims: To enhance fundamental movement skills with active play and minor games. Developing coordination and techniques through "hitting" using a variety bats and racquets. Continuing to learn to follow instructions and rules through minor games. Working individually, with a partner or small groups with skill-based activity stations for sustainment of movement.

Middle Primary

1. Focus area-Fundamental movement skills incorporating rhythmic and expressive activities with TRI SKILLS.

Strand; Movement and physical activity

Aims: Perform fundamental movement skills in a variety of movement sequences using specialized gymnastics and trampolining equipment.

2.Focus area-Fundamental movement skills active play and minor games

Strand; Movement and physical activity

Aims: To enhance fundamental movement skills with active play using collaborative games while applying basic rules and scoring systems, and to demonstrate fair play. Developing coordination through "hitting" using a variety balls, bats and techniques. Working individually, with a partner or small groups, with skill-based activity stations and minor games. Introduction to: tennis, badminton, hockey and table tennis.

Upper Primary

1. Focus area-Fundamental movement skills incorporating rhythmic and expressive activities with TRI SKILLS.

Strand; Movement and physical activity

Aims: Perform fundamental movement skills in a variety of movement sequences using specialized gymnastics and trampolining equipment.

2. Focus area-Enhancing fundamental movement skills through team play and cooperative games

Strand: Movement and physical activity

Aims: perform specialised movement skills and sequences, propose and combine movement concepts and strategies to achieve movement outcomes, and solve movement challenges. Learning to develop strategies for team success and techniques playing indoor hockey, table tennis and badminton.