

Health Years 3-6

Focus areas

-Food and nutrition

-Relationships and Sexual Health

Strand-Personal, social and community health

Aims:1. Understand the importance of eating a balanced food diet.

2. Practise skills to establish and manage relationships. To learn strategies to manage changes and transitions associated with puberty.

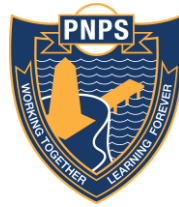
Topics include:

-5 food groups. Nutrition facts, What a growing body needs, Nutrition Information Panels, perils of sugar.

-Communication, relationships, pubertal development, reproductive system, feelings, hygiene products, stereotypes, and seeking help.

2022 Term 2 Learning Overview

PE/Health



Port Noarlunga Primary School

Teacher
Mike Woolford
Years R-6

SAPSASA

School knockout teams:

- boys' footy
- girls' footy
- boys' soccer
- girls' soccer
- girls' netball

District Cross Country

Junior Primary R-2

Focus area-Fundamental Movement Skills

-Active play and minor games

Aims:

- Practise fundamental movement skills and movement sequences
- Identify rules and fair play when participating in physical activities.
- Learn to follow instructions and game rules.

-emphasis on kicking coordination

-play minor games with a focus on taking turns and playing to the rules

-working individually, with a partner or small group

-sustaining our movement

-introduction to soccer

-introduction to Aussie Rules

Middle Primary 3-4

Focus area-Fundamental Movement Skills

-Active play and minor games

Strand; Movement and physical activity

Aims:

- students will refine fundamental movement skills
- identify game rules and consistently follow them.
- learn to adopt inclusive practices by helping all class members
- share and incorporate strategies for game success

-cooperative games

-emphasis on kicking coordination

-introduction to soccer

-introduction to football

-skill based activity stations

Upper Primary 5-6

Focus area-Fundamental Movement Skills

-Games and Sports

Strand; Movement and physical activity

Aims:

- students demonstrate fair play and work collaboratively
- coach beginner students
- perform specialised movement skills and sequences
- utilise and discuss strategies for game success.

-team games

-emphasis on kicking coordination

-continued learning of soccer and how to play

-continued learning of football and how to play

-skill based activity stations