**PHYSICAL EDUCATION**

**TERM 1 - 2022**

**CURRICULUM OVERVIEW**

FOUNDATION:

The Central Idea in Foundation was examining the different ways to run, jump and throw in athletics. We also explored the different techniques and cues for each skill. The Lines of Inquiry were what a technique is and what different athletic events are and how we can perform them. Students explored and understood how their body moves and reacts to physical activity. Students improved their ability to follow instructions, work collaboratively and show good sportsmanship.

GRADE 1/2

The Central Idea in Grade 1/2 was examining the different ways to run, jump and throw in athletics. We also explored the different techniques and cues for each skill. The Lines of Inquiry were what a technique is and what different athletic events are and how we can perform them. We used athletics movements as a benchmark when completing running/relay races, dynamic jumping activities and various throwing activities. Students improved their ability to work in teams, follow and complete instructions independently and show good sportsmanship.

GRADE 3/4

The Central Idea in Grade 3/4 was understanding specific techniques that allow us to improve upon our personal results in Athletics. The Lines of Inquiry were the most efficient way of performing each event, taking on feedback from others to improve our performance, and understanding how to record results in different events. Using modified athletic events of as long jump and triple jump, students were able to explore ways to become successful at each event. Students improved their ability to work collaboratively, take on and use feedback from others and show good sportsmanship.

GRADE 5/6

The Central Idea in Grade 5/6 was understanding specific techniques that allow us to improve upon our personal results in Athletics. The Lines of Inquiry were how we can improve upon our technique in Athletics, identify and analyse technical mistakes within ourselves and peers’ techniques and apply feedback provided by peers, teachers and to improve our results in Athletics. Using modified athletic events such as shotput and discus, students were able to explore different ways that they can become more successful at each event. Students improved their ability to work collaboratively, independently, take on and use feedback from teachers and peers and demonstrate to others good sportsmanship.