

BULIMBA STATE SCHOOL

Physical Education Program

1. Curriculum

The Bulimba State School Physical Education program is aligned with the Australian National Curriculum, using C2C Unit Plans, Assessment and Reporting Framework. The Health aspect of Physical Education is taught and assessed by the classroom teacher, while the practical component is taught and assessed by the Physical Education teacher. Grading for Health and Physical Education will be combined in 2020, with equal weight between the theory and practical units.

The aim is to be back in the school pool swimming in 2020, with a strong emphasis on Swimming and Water Safety Units. Students will be taught basic water safety knowledge, entries and exits, buoyancy, submergence and swimming for survival.

Program outline:

Prep: The prep program consists of the introduction of gross motor skills, locomotor movement patterns, small and large ball skills, coordination activities, team games, cooperative challenges, rhythm, dance, basic gymnastics and yoga poses. By the end of prep year students will demonstrate how to move and play safely, and perform fundamental movement skills to solve movement challenges.

Year 1: The year one program aims to develop throwing and catching skills with the use of bean bag, small and large balls. Students will also participate in minor games to develop dodging, running, weaving, chasing and tagging skills. In Term 4, year one students will explore rhythmic movements to music with specialised sequences and gymnastic movements.

Year 2: The year two program builds on the foundation years by introducing more complicated hand-eye coordination activities. Scooter boards, short and long jump rope skipping sequences; soccer kicking and throwing accuracy; gymnastics skills, static balances and movements are all included in the curriculum for year two.

Year 3: In year three, the program starts to focus on team oriented sports and concepts. Students will complete a unit on athletics track and field; t-ball skills and games; newcombe throwing, catching, evasive ball games. Students will also perform fundamental movements performed in a social dance format.

Year 4: In year four, students participate in units involving: long jump rope and partner skipping challenges; athletics track and field; cricket skills involving batting, fielding, throwing and catching; an entertainment unit including: juggling, balancing, throwing catching and hand eye coordination challenges.

Year 5: The year five program consists of: soccer skills to the rhythm of music, athletics track and field, basketball and tchoukball. Semester two focuses on team invasion games with skills consisting of throwing, catching, leading, defending and team play.

Year 6: In year six, students explore free running skills including: jumping, balancing, landing and safety rolls. There is a unit on Athletics track and field; all codes football - exploring AFL, Soccer, Speedball, Touch football. Finally, students will learn about the different components of fitness exploring cardiovascular fitness, muscular endurance, flexibility and strength.

2. Time

All classes from Prep to Year 6 have a single, half hour lesson once per week.

3. Uniform

Students are to wear their school hat at all times if lessons are located outside as per the school rule. A drink bottle is also recommended to be brought to all lessons, especially during warmer weather.

4. Expectations

Just like in the classroom, there are rules and expectations in Physical Education lessons for safety and to maximise skill development. Students in lessons need to:

- **Be prepared to learn:** This includes wearing the appropriate school uniform to enable movement, being on time and bringing enthusiasm and energy to the lesson.
- **Try your best:** Regardless of the difficulty of the skill, it is expected students will give their best effort in each activity.
- **Demonstrate good sportsmanship:** In sport we are constantly interacting with others: opponents, team mates, coaches, referees. It is important we speak to each other respectfully at all times, and display 'sportsmanship' in competitive games.
- **Stop, Look, Listen Rule:** Students need to respond immediately when they hear the whistle blown. Stop or "freeze", look at the teacher and listen for the instruction.
- **Listen and follow teacher instructions:** Lessons and instructions are structured to promote a safe learning environment. It is important students follow instructions at all times to maximise skill development, and keep our class safe.
- **Controlled behaviour in a physical setting:** It is expected students remain in control of their bodies while performing tasks. Teacher instruction/demonstration will provide information on how the task should be performed to reduce the risk of injury to themselves or other students.

- **Respect:** For each other and the equipment. We need to make sure we are using the equipment appropriately at all times to avoid any damage or injury from occurring.

5. Participation

It is expected all students participate in all lessons. If there is a genuine reason that a student cannot participate (such as injury or illness), then a note needs to be written and signed by a parent prior to the lesson commencing. If a student misses more than 50% of the term's lessons (due to any reason), a letter grade of N will be given for that particular unit of work.

6. Cross Country, Athletics and Swimming Carnivals

All students in years 4 to 6 will compete in the School Cross Country and students in years 1-6 will be involved with the Athletics Carnival. Students who are turning 10, 11 and 12 years old will have the opportunity to represent Bulimba State School at the Lytton District Trial. Qualifying times and conditions may apply to certain events.

7. District Sport (Lytton District)

Students who are turning 10, 11 and 12 years of age during the school year will have an opportunity to trial for the Lytton District Team in a wide range of different sports. Sports include: **Swimming, Athletics, Cross Country, AFL, Basketball, Netball, Tennis, Soccer, Softball, Touch, Hockey, Triathlon, Rugby Union, Rugby League, Volleyball and Cricket**. All students who wish to trial must keep an eye on the trial dates and nomination deadlines as per parade notices and newsletter items.

To trial students MUST:

- Notify their intention to trial at least 2 weeks prior to the trial date (sign-up sheet in the PE office)
- Be currently playing regularly at a competitive club level
- Be training externally from school hours
- For Athletics/Cross Country: Students **MUST** finish in the top 4 or 6 place getters on Sports Day, **AND** meet qualifying times or distances as directed by Lytton District Sport

If multiple students wish to nominate for the trial, an in-house school trial will be conducted to select the top participants. All sports equipment, transportation and levy payment must be provided by the student's families.

8. GALA DAY

The Gala Day format has now replaced Interschool Sport for students in years 4-6. It is anticipated that wice a year students will participate in a full day of sport, with choices including Soccer, Netball, Basketball, Touch and T-ball. Sports may vary.

9. Assessment and Reporting:

Health and Physical Education is one of the Key Learning Areas within our curriculum. Each Semester students will receive a grade for both the Health component (assessed by the classroom teacher), and a practical grade (assessed by the Physical Education teacher). An overall grade for HPE will be awarded based on both the Health and Movement aspects of HPE. Assessments are based on the achievement standards within PE lessons including student participation, effort and behaviour.

- It is important to note that extra-curricular sport, interschool sport and other achievements outside of lessons does not factor into the PE grade. Students are assessed on the skills for each unit during each lesson. Even though a student may be successful in certain sport outside of school, they may be assessed on a different set of skills within lessons.

10. Office Location and Sport Information

The Physical Education office is located on the ground floor in C block (in between the Music Classroom and Instrumental Music Room). There is a pin board with sport notices near the C block toilets. For the most Up-to-date information, please read the Sport section in the weekly school newsletter. Sport notices will also be read out to students at Monday morning parades.

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