

Prep

Catch That Bean

Students perform fundamental movement skills and solve movement challenges. They demonstrate, with guidance, practices and protective behaviours to keep themselves safe and healthy in different activities.

I can Do It/Looking out for Others

Students identify different settings where they can be active and how to move and play safely. Students will also identify and describe the different emotions people experience.

Years 1 & 2

Modified Athletics - the fundamental movement skills of running, jumping and throwing, and specialised skills used in athletic events.

Year 1 - We All Belong

Students recognise how strengths and achievements contribute to their identity and identify how emotional responses impact on others' feelings.

Year 2 – My classroom is healthy, safe and fun

Students describe how to keep themselves and others healthy and safe within a classroom setting and select a health or safety strategy for an outside setting.

Health & Physical Education Overview

Semester One

Together we build the future



Year 3 & 4

Modified Athletics - the fundamental movement skills of running, jumping and throwing, and specialised skills of used in athletic events.

Years 5 & 6

Athletics - the fundamental movement skills of running, jumping and throwing, and specialised skills used in the athletic events of shotput and cross country.

Year 3, 4, 5 & 6

Year 3 – Good Friends

Students recognise strategies for managing change and identify influences that strengthen identities. They investigate how emotional responses vary and understand how to interact positively with others.

Year 4 – Making healthy choices

Students recognise strategies for managing change. They interpret the Australian guide to healthy eating and discuss the influence of health messages on healthy choices. They use decision-making skills to select strategies to stay healthy and active.

Year 5 – Emotional Interactions

Students recognise the influence of emotions on behaviours and discuss factors that influence how people interact. They describe their own and others' contributions to health, safety and wellbeing and demonstrate skills to work collaboratively.

Year 6 – Let's Be Active

Students describe the significance of physical activity to health and wellbeing, to describe their own and others' contributions to safety and wellbeing. They examine how physical activity, celebrating diversity and connecting to the environment supports support community wellbeing and cultural understanding.