

Term One 2025 Specialists Newsletter-PE

Year	Overview
Prep	<p>Welcome new and existing families to Physical Education at St. Mary's. In Prep, Physical Education is all about developing new skills and building an understanding of how to lead healthy, safe and active lives. In Term 1, our Preps will learn what Physical Education is and why it is important to do at school. Students will be learning about their bodies through basic movement patterns to develop their fine and gross motor skills. They will participate in activities which promote coordination, balance, body and spatial awareness, rhythm sequencing and memory skills. Each lesson there will be an emphasis on developing personal and social skills. Social and behaviour challenges are introduced and reinforced, allowing students to participate in behaviours such as waiting in line, taking turns and encouraging the effort of others to promote good sportsmanship.</p> <p>Looking forward to a fun filled term of sport. Mrs Cooke</p>
One	<p>In Term 1 PE lessons, students will revisit all movements covered in the Prep, such as catching, throwing, bouncing, striking, kicking, skipping and jumping before learning how to apply these movements together in a variety of games and sports. We will begin with Cricket in the first few weeks of term, focusing on throwing (bowling/fielding) and batting as individual skills before coming together as a larger group to put the skills together in a game sense. In the second half of term, we will be doing Basketball where students will be participating in games that promote teamwork, decision making and persistence. They will explore simple rule systems, the safe use of equipment and develop social skills all while being supported to make decisions about their health, safety and participation in physical activity promoting a healthy lifestyle.</p> <p>Looking forward to a fun filled term of sport. Mrs Cooke</p>
Two	<p>PE in Term 1 for Grade 2, students will be focusing on developing basic movement skills by applying them to a variety of games and sports. The two sports we will be covering this term are Tennis and Bowls. Students will concentrate on the developing aim and accuracy of their movement to achieve a specific outcome. They will explore simple rule systems, the safe use of equipment and develop social skills such as cooperation, decision making and problem solving during physical activities.</p> <p>Looking forward to a fun filled term of sport. Mrs Cooke</p>
Three & Four	<p>Physical Education in Year 3/4 is designed to teach students physical skills and how to combine them to create complicated movement patterns in a range of different settings. Students will use complex manipulative and locomotor skills to work individually and collaboratively in a team to</p>

	<p>achieve a common goal. In the first half of the term we complete a Tennis unit. Students will participate in a variety of 'Hot shots' style tennis activities and games where they will aim to develop their hand eye coordination and learn to apply strategies to game settings.</p> <p>Then in the second half we will move into Netball where students will concentrate on their individual skills passing without moving, shooting, and footwork.</p> <p>This will also be the first year that the Year 3 students will be able to participate in District sports where they can qualify to compete against other schools in a range of competitions such as Swimming, Athletics, Cross Country and Basketball.</p> <p>We look forward to a fun filled term of sport Mrs Cooke</p>
Five & Six	<p>Physical Education in Year 5/6 is designed to give students the opportunity to excel in a range of sports in both our P.E lessons and in the interschool sports program. Within our P.E lessons students will practise and perform specialised skills as well as combine movement patterns and strategies to achieve individual and team objectives. In Term 1 students will focus on achieving these objectives throughout a unit of Tennis and Volleyball. In addition to our weekly P.E lessons the Year 5/6 students will participate in the interschool sports competition, where each Friday (weeks 2-9) we compete in Basketball, Volleyball, T-ball and Hot shots tennis against other schools in the district.</p> <p>We look forward to a fun filled term of sport. Mrs Cooke</p>