Pre Primary - Physical Education Outline

Every Thursday morning the Pre-primary students will participate in structured Physical Education lessons for 40 minutes with Mr Marshall. The lessons are designed around in improving the students’ fundamental movement skills, understanding movement and learning through movement.

**Fundamental Movement Skills** – This area is broken up into three different areas; body management, locomotion and object control.

*Body management* - Students will learn how to perform skills in a safe manner.

*Locomotion* – Students will learn how to perform the following skills correctly; running, jumping and skipping.

*Object control* – Students will learn how to perform the following skill correctly; bouncing, underarm throwing, catching and kicking.

**Understanding Movement** – Students will learn different ways that physical activity keeps them healthy.

**Learning through Movement** – In this area student will learn the following; changing direction in allocated areas and using awareness, the importance of following rules and instructions, cooperate with others, using compromise and negotiation.

**Assessment**

During 2017 students will be assessed on the following;

- Body management
- Running
- Bouncing a ball
- Understanding of the different ways that physical activity keeps us healthy
- Changing direction and staying within allocated areas
- Ability to follow rules and instructions
- Cooperate with others