**Year 1 - Physical Education Outline**

Every Year 1 student will participate in 2x 40 minutes/week structured Physical Education lessons with Mr Marshall. On top of that every Friday they will participate in 40 minutes of Junior Sports with all Year 1 and Year 2 classes. 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 control and perform lying log rolls.

*Locomotion* – Students will learn how to perform the following skills correctly; Lateral movement, skipping, jumping and hopping

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

**Understanding Movement** – Students will learn about the physical changes that occur during exercise.

**Learning through Movement** – In this area student will learn the following; the importance of following rules and instructions, cooperate with others, and different strategies to involve others.

**Assessment**

During 2017 students will be assessed on the following:

- Log roll
- Lateral movement
- Skipping
- Bouncing a ball
- Underarm throwing
- Understanding of the physical changes that occur during exercise
- Ability to follow rules and instructions
- Understanding of the different strategies to involve others