**Year 2 - Physical Education Outline**

Every Year 2 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 performing all movements in the correct way.

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

*Object control* – Students will learn how to perform the following skill correctly; underarm throwing, overarm throwing, catching, striking and drop punt (kicking out of the hand).

**Understanding Movement** – Students will learn about the different ways the body reacts and the positive responses when participating in physical activity.

**Learning through Movement** – In this area student will learn the following; the importance of following rules and instructions, cooperate with others, and the positive strategies when participating in group activities

**Assessment**

During 2017 students will be assessed on the following;

- Jumping
- Striking
- Drop punt
- Overarm throwing
- Understanding of the different ways the body reacts when participating in physical activity
- Understanding of the positive strategies when participating in group activities