**Year 3 - Physical Education Outline**

Every Year 3 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 Middle Sports with all Year 3 and Year 4 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 perform 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 how regular physical activity benefits health and wellbeing.

**Learning through Movement** – In this area student will learn the following; thoughtful strategies to include others in physical activity taking into account their feeling, and create a simple game with a set of rules.

**Assessment**

During 2017 students will be assessed on the following;

- Jumping (for distance)
- Underarm throw
- Catching
- Overarm throwing
- Bouncing a ball
- Understanding of how physical activity benefits health.
- Explain thoughtful strategies to include others in physical activity
- Ability to create a simple game with a set of rules.