**Year 4 - Physical Education Outline**

Every Year 4 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 use balance and body control to be effective in game situations.

*Object control* – Students will learn how to perform all fundamental movement skills effectively during game play.

**Game Play Tactics** – Students will learn how to read play and react with effective positioning, timing and change of pace.

**Understanding Movement** – Students will learn the benefits of physical fitness and the affect that it has on sleep and social contact.

**Learning through Movement** – In this area student will learn thoughtful strategies to include others in physical activity and how to use these strategies to take the lead in game situations.

**Assessment**

During 2017 students will be assessed on the following;

- The control and accuracy they show in individual activities and while on the move
- Consistency of their catching from varied distances in game play
- How they modify their throw to suit the position of their teammate.
- How they read and react to movement in game play.
- Understanding of the benefits of physical fitness and the affect it has on different areas of society
- Explain thoughtful strategies to include others in physical activity.
- Ability to create a simple game with a set of rules.