**Year 5 - Physical Education Outline**

Every Year 5 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 5 and Year 6 classes. The lessons are designed around in improving the students’ fundamental movement skills, understanding movement, game play tactics and learning through movement.

**Fundamental Movement Skills in Games** – Students will learn how to throw in varying conditions and for different circumstances 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 on mental and emotional wellbeing. Also, they will learn the effect on movement skills when time, space, effort and people are changed or manipulated.

**Learning through Movement** – In this area student will learn the roles and responsibilities of players, coaches and referees/umpires during physical activity.

**Assessment**

During 2017 students will be assessed on the following:

- How they lead into offence and defence in game situations.
- 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 effects of physical fitness on mental and emotional wellbeing.
- Explain the effects on movement skills when certain stimuli are manipulated.
- Explain the roles and responsibilities of players, coaches and referees during physical activity.