

*Our mission is to inspire and empower our students for a great future,
through an innovative and globally relevant education*

Curriculum Information for Parents – Years 1-6
Term 1A – 2018/19
PE

SUBJECT	WHAT WE WILL DO AT SCHOOL	WHAT YOU CAN DO AT HOME
<p>Year 1</p> <p><u>Indoor</u> <u>Athletics</u> <u>Fundamental</u> <u>Skills and</u> <u>Dance</u></p>	<ul style="list-style-type: none"> Learn to jump from two feet and land on two feet. Balance on one foot Run at speed Throw different objects for distance Throw equipment at targets Move to music using different action Join movements together to make a sequence 	<ul style="list-style-type: none"> Encourage children to keep active Remind them of the health benefits of exercise Ensure they eat well Give them opportunities to throw/catch different objects Ensure they join some of the after school sporting clubs at school Give them opportunities to physically play with other children Listen to and encourage movement to music
<p>Year 2</p> <p><u>Indoor</u> <u>Athletics</u> <u>Fundamental</u> <u>Skills and</u> <u>Dance</u></p>	<ul style="list-style-type: none"> Run at different speeds Jump for distance using a recognized technique Throw a javelin/ball for distance using a recognized technique Balance on alternate legs Aim to throw different objects Move to a range of music with varying actions Develop rhythm 	<ul style="list-style-type: none"> Encourage a healthy lifestyle Utilise the after school sporting clubs on offer Provide opportunities for throwing and catching a variety of balls Listen to and encourage movement to music Dance together using ‘ Just Dance ‘
<p>Year 3</p> <p><u>Indoor</u> <u>Athletics</u> <u>and Dance</u></p>	<ul style="list-style-type: none"> Accelerate and run at different speeds Jump with a recognized technique for different distances Improve agility and co-ordination when running and jumping Throw with a recognized technique at different targets Move with rhythm and control to music Compose a series of movements to different types of music 	<ul style="list-style-type: none"> Discuss why your health is important Take advantage of the extracurricular sporting program at school Provide opportunities for your child to enjoy sustained periods of exercise Listen to music and move together Utilise exercise programs such as ‘ Just Dance ‘
<p>Year 4</p> <p><u>Indoor</u> <u>Athletics</u> <u>and Dance</u></p>	<ul style="list-style-type: none"> Throw the javelin and a heavy ball for distance Use speed, agility and acceleration when running Develop coordination when running over small hurdles Offer reasons why some Athletes experience success Explore movements and patterns when performing a small dance sequence 	<ul style="list-style-type: none"> Take advantage of all extracurricular sporting provision at school Develop coordination and agility by running, turning and jumping in rhythm Throw different objects such as a small cricket ball, Netball and Basketball for distance. Listen to music and develop an understanding of rhythm and patterns

	<ul style="list-style-type: none"> • Work cooperatively with a partner and small group 	<ul style="list-style-type: none"> • Move regularly to different styles of music
<p>Year 5</p> <p><u>Indoor Athletics and Dance</u></p>	<ul style="list-style-type: none"> • Look at different running styles and develop our own technique • Consider the different techniques when throwing the javelin • Develop agility and coordination by completing activities such as the speed bounce and hi-stepper • Replicate movements in response to a drum beat • Develop a dance sequence using fluency and creativity • Understand the concept of Dance based on musical stimuli 	<ul style="list-style-type: none"> • Encourage participation in school clubs and competition • Offer opportunities for throwing different objects such as cricket ball. • Provide opportunities to develop agility by running over, through and between objects such as cones, small hurdles etc • Listen to music and respond through movement • Consider online viewing of dance from different cultures • Replicate dance movements
<p>Year 6</p> <p><u>Indoor Athletics and Dance</u></p>	<ul style="list-style-type: none"> • Combine speed with acceleration in a variety of Athletic running disciplines • Offer opportunities to refine their technique when throwing for distance different objects • Evaluate others and offer sound reasoning to validate their strengths and weaknesses • Listen and respond imaginatively to music which represents different cultures ie. Haka • Accurately represent the Haka using canon and unison • To appreciate the importance of listening and offering others advice 	<ul style="list-style-type: none"> • Offer opportunities using school for students to develop their running ability • Allow them to throw different objects such as the javelin and discuss their technique with them • Encourage an active and healthy lifestyle • Listen to a variety of music together and respond imaginatively • Access a variety of dances from different culture. Can you replicate? • Listen to music with a sports theme and respond appropriately.