Term 1 Overviews

**Prep/Grade 1/Grade 2**

Students in the Junior year levels will focus predominately on improving their gross body movement, balance and co-ordination when performing Fundamental Motor Skills.

Students will be provided with opportunities to build on their skills in the areas of running, overarm throwing/catching, leaping, dodging, ball bounce and balance. Circuit activities that provide students with varied and diverse experiences will assist in the overall physical and athletic development of all participants in a supportive, challenging and safe environment.

A strong emphasis will be placed on taking of turns, sharing equipment/space and following instructions in all physical education classes.

Minor games will be played throughout the Term to develop the student’s spatial and tactical awareness whilst also encouraging them to display appropriate responses to winning and losing.

**Grade 3 and 4**

Students in the Middle year levels will initially participate in a range of physical fitness tests including the Beep Test, Yo-Yo Test, Vertical Leap Test, Sit & Reach Test, Illinios Agility Test, Basketball Throw (upper body strength) test, Over-arm throwing test.

Students will then focus on learning about net and wall sports which include learning the basics of Newcombe/Volleyball, Badminton and Tennis. Fundamental motor skills such as catching and throwing, forehand strike, movement around the court and physical fitness will be our major focus.

All students who were born before 2007 and who can swim non-stop over a distance of 50m will also have the opportunity to try out for the AGPS swimming team to participate in the Laverton District Swimming Carnival to be held on 29 February.

**Grade 5 and 6**

Students in the Senior year levels will initially participate in physical fitness testing including the following tests: Beep Test, Yo-Yo Test, max sit up test, max push up test, Vertical Leap Test, Sit & Reach Test, Illinios Agility Test, Basketball Throw (upper body strength) test, Over-arm throwing test.

Students will then focus on learning about invasion sports which include learning about the tactics and game sense of European Handball, Basketball and Hockey. Fundamental motor skills such as catching and throwing, movement around the court, leading into space, offensive and defensive tactics and physical fitness will be addressed.

All students who were born before 2007 and who can swim non-stop over a distance of 50m will also have the opportunity to try out for the AGPS swimming team to participate in the Laverton District Swimming Carnival to be held on 29 February.