



Warrigal Road State School Curriculum Overview for Health and Physical Education , Term 1 2025

PHYSICAL EDUCATION: Term 1	PREP	Locomotor Skills – Students will develop the fundamental movement skills of running, hopping, jumping and galloping and apply them in activities, games and movement challenges. They will also develop other skills necessary for learning like, listening, following directions and teamwork.	<ul style="list-style-type: none"> • Observations • Anecdotal Records • Checklists
	YEAR 1	Ball Skills – Students will apply the fundamental movement skills of rolling, catching, pat bouncing and throwing through active participation in activities, games and movement challenges. They will also apply rules and fair play practices.	<ul style="list-style-type: none"> • Observations • Anecdotal Records • Checklists
	YEAR 2	Targets - Students will demonstrate fundamental movement skills including basketball shooting, instep soccer passing and punt kicking to reach their targets.	<ul style="list-style-type: none"> • Observations • Anecdotal Records • Checklists
	YEAR 3	Jump It! – Students will create and perform skipping (jump rope) movement sequences using fundamental movement skills and the elements of movement.	<ul style="list-style-type: none"> • Observations • Anecdotal Records • Checklists
	YEAR 4	Skiping - Students will practise and refine fundamental movement skills to perform long-rope and partner skipping skills and solve individual skipping challenges. They will examine the benefits of being fit and physically active and how they relate to skipping.	<ul style="list-style-type: none"> • Observations • Anecdotal Records • Checklists

HEALTH: Semester 1	YEAR 5 **2025 & 2027**	Tchoukball - Students will perform the specialised movement skills of throwing and catching within the context of Tchoukball. They will propose and combine movement concepts and strategies in game situations to solve movement challenges. Students will demonstrate social and personal skills to work collaboratively and play fairly during games and physical activity.	<ul style="list-style-type: none"> • Observations • Anecdotal Records • Checklists
	YEAR 6 **2025 & 2027**	Tchoukball - Students will perform the specialised movement skills of throwing and catching within the context of Tchoukball. They will propose and combine movement concepts and strategies in game situations to solve movement challenges. Students will demonstrate social and personal skills to work collaboratively and play fairly during games and physical activity.	<ul style="list-style-type: none"> • Observations • Anecdotal Records • Checklists
	YEAR 1	A Little Independence This semester students describe physical and social changes that occur as they grow. They describe their personal strengths and achievements and discuss how these are acknowledged and celebrated. Students identify similarities and differences, and recognise how diversity contributes to identities.	<ul style="list-style-type: none"> • Collection of work
	YEAR 2	My Classroom is Healthy, Safe & Fun This semester students investigate the concept of what health is and the foods and activities that make them healthy. They explore opportunities in the classroom environment where healthy and safe practices can be implemented. Students identify the actions that they can apply to keep themselves and others healthy and safe in their classroom.	<ul style="list-style-type: none"> • Assignment/Project

	YEAR 3	Good friends This semester students will explore the impact of positive social interaction on self-identity. They will investigate different types of friendships and examine the qualities we look for in a friend, as well as their roles and responsibilities. Students will learn how to communicate respectfully with friends to resolve conflict and challenging issues in friendships. They will reflect on why friendships change over time and investigate strategies to assist them in establishing and maintaining respectful friendships.	<ul style="list-style-type: none"> Collection of work
	YEAR 4	Netiquette This semester students examine and interpret health information about cyber-safety, cyber-bullying and online protocols. They describe and apply strategies that can be used in online situations that make them feel uncomfortable or unsafe. They explore the importance of demonstrating respect and empathy in online relationships. They reflect on young people's use of digital technologies and online communities, and identify resources available locally to support their safety.	<ul style="list-style-type: none"> Collection of work
	YEAR 5 **2025 & 2027**	Healthy Habits This semester students explore the concepts of health and wellbeing and the importance of healthy habits as a preventative measure. They identify good habits and how they contribute to overall health and wellbeing.	<ul style="list-style-type: none"> Research
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