



Warrigal Road State School Curriculum Overview for Health and Physical Education, Term 3 2025

PHYSICAL EDUCATION: Term 3

PREP	Athletics: Students will be given the opportunity to attempt various athletics-based activities including long jump, high jump, running, relays and tabloids.	Assessment: Observations Anecdotal Records Checklists Field Event Results
YEAR 1	Athletics: Students will be given the opportunity to attempt various athletics-based activities including long jump, high jump, running, relays and tabloids.	Observations Anecdotal Records Checklists Field Event Results
YEAR 2	Athletics: Students will be given the opportunity to attempt various athletics-based activities including long jump, high jump, running, relays, ball games and tabloids.	Observations Anecdotal Records Checklists Field Event Results
YEAR 3	Athletics: Students will be given the opportunity to attempt various athletics-based activities including long jump, high jump, running, relays, ball games and tabloids.	Observations Anecdotal Records Checklists Field Event Results
YEAR 4	Cricket - Students apply strategies for working cooperatively and apply rules fairly. They refine striking and fielding skills and concepts in active play and games. They apply skills, concepts and strategies to solve movement challenges in striking and fielding games.	Observations Anecdotal Records Checklists

HEALTH: Semester 1	YEAR 5 **2025 & 2027**	Basketball - Students will explore various basketball skills such as dribbling, passing and shooting, while developing offensive and defensive strategies. They will apply these skills and strategies to solve movement challenges in modified basketball games.	Observations Anecdotal Records Checklists
	YEAR 6 **2025 & 2027**	Basketball - Students will explore various basketball skills such as dribbling, passing and shooting, while developing offensive and defensive strategies. They will apply these skills and strategies to solve movement challenges in modified basketball games.	Observations Anecdotal Records Checklists
	YEAR 1	We All Belong This semester students identify and practise emotional responses that reflect their own and others' feelings. They examine and demonstrate ways to include others in activities, and practise strategies to help them and others feel that they belong.	Collection of work
	YEAR 2	Message Targets This semester students examine the purpose of advertising and the techniques used to engage children. They explore health messages seen in advertising and how they can be used to make good decisions about their own and others' health and wellbeing.	Collection of work
	YEAR 3	I am Healthy and Active This semester students investigate the concepts of physical activity and sedentary behaviours while exploring the recommendations of physical activity for 5 to 12 year olds. They	Supervised Assessment Collection of work

		examine the benefits of physical activity and investigate ways to increase physical activity in their lives.	
YEAR 4		Making Healthy Choices This semester students will identify strategies to keep healthy and improve fitness. They will explore the <i>Australian guide to healthy eating</i> and the five food groups. Students will understand the importance of a balanced diet and how health messages influence food choices. They will create meal plans that reflect health messages.	Healthy Choices Assessment
YEAR 5 **2025 & 2027**		What am I drinking? This semester students explore drink products that contribute to health and wellbeing. They focus on investigating a variety of drink options including soft drinks, energy drinks and fruit juice, and the effects they have on the body. Students examine available alternatives to various drink options.	Supervised Assessment
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