



Warrigal Road State School Curriculum Overview for Health and Physical Education, Semester 1 2026

Prep	<p>Physical Education</p> <p>Beanbags - Students will demonstrate personal and social skills for working with others in a range of activities. They will develop the fundamental movement skills of two-handed catching and underarm throwing and explore dynamic balances with beanbags. They will apply these skills to solve movement challenges.</p>	Assessment
		<ul style="list-style-type: none"> • Observations • Anecdotal Records • Checklists
Year 1	<p>Health</p> <p>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.</p> <p>Physical Education</p> <p>Ball Skills - Students will perform fundamental movement skills of two-handed throwing and two-handed catching, soccer dribbling and basketball dribbling. They will test alternatives to solve large ball challenges and identify how the heart reacts to various physical activities.</p>	Assessment
		<ul style="list-style-type: none"> • Collection of work • Observations • Anecdotal Records • Checklists
Year 2	<p>Health</p> <p>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.</p> <p>Physical Education</p> <p>Ropes and Rhymes - Students will perform long rope skipping sequences to rhymes. The student performances should demonstrate fluency, changes in speed, direction and levels. They will also identify how their heart reacts to skipping.</p>	Assessment
		<ul style="list-style-type: none"> • Assignment/Project • Observations • Anecdotal Records • Checklists
Year 3	<p>Health</p> <p>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.</p>	Assessment
		<ul style="list-style-type: none"> • Collection of work • Observations • Anecdotal Records • Checklists

	<p>Physical Education Having a Ball - Students will refine the fundamental movement skills of throwing (overarm shoulder pass and chest pass) and catching and transfer them to a range of movement situations. They will develop understanding of court game movement concepts and strategies and apply these to solve the offence and defence challenges faced during games of End Ball. They will also apply strategies for working cooperatively and apply rules fairly.</p>	
Year 4	<p>Health 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.</p> <p>Physical Education Athletics - Students will be given the opportunity to demonstrate technical improvement in combinations of basic movement skills (e.g. Long Jump: Run up, take off and landing). Other skills include: High Jump, Shot Put, Discus, Sprinting, Relay and Middle Distance running.</p>	<p>Assessment</p> <ul style="list-style-type: none"> • Collection of work • Observations • Anecdotal Records • Checklists • Field Event Results
Year 5	<p>Health Let's all be active-This semester students investigate how physical activity creates opportunities for different groups to work together. Students identify how physical activity contributes to individual and community wellbeing. Students collect information on physical activity participation in their school setting and explore how technology can support participation in physical activity.</p> <p>Physical Education Athletics - Students will be given the opportunity to demonstrate technical improvement in combinations of basic movement skills (e.g. Long Jump: Run up, take off and landing). Other skills include: High Jump, Shot Put, Discus, Sprinting, Relay and Middle Distance running.</p>	<p>Assessment</p> <ul style="list-style-type: none"> • Assignment/Project • Observations • Anecdotal Records • Checklists • Field Event Results
Year 6	<p>Health Let's all be active- This semester students investigate how physical activity creates opportunities for different groups to work together. Students identify how physical activity contributes to individual and community wellbeing. Students collect information on physical activity participation in their school setting and explore how technology can support participation in physical activity.</p> <p>Physical Education Athletics - Students will be given the opportunity to demonstrate technical improvement in combinations of basic movement skills (e.g. Long Jump: Run up, take off and landing). Other skills include: High Jump, Shot Put, Discus, Sprinting, Relay and Middle Distance running.</p>	<p>Assessment</p> <ul style="list-style-type: none"> • Assignment/Project • Observations • Anecdotal Records • Checklists • Field Event Results