

Physical Education/Sport Year Plan 2019

(Number of weeks)

	Term 1	Term 2	Term 3	Term 4
Prep	Basic Movement (8) Ball Handling Skills (8) Games (8)	Fitness Tests/games Gymnastics (9) CROSS-COUNTRY	Fundamental Motor Skills- run, leap, overhand throw, using modified aths as context FMS-Kick	Sport Skills/Minor Games (8) Swimming
Yr1	Co-operative Games Basic Movement (8) Ball Handling Skills (8) Games (8)	Fitness tests/games Gymnastics (9) CROSS-COUNTRY	Fundamental Motor Skills- run, leap, overhand throw, using modified aths as context FMS-Kick Intro Long rope skipping	Sport Skills/minor Games (8) Swimming
Yr2	Co-operative Games Basic Movement (8) Ball Handling Skills (8) Games (8)	Fitness Tests/games Gymnastics (9) CROSS-COUNTRY	Fundamental Motor Skills as they apply to Athletics(5)	Sport Skills/Minor Games (8) Swimming
Yr3	Co-operative games (1) Ball Handling Skills (7) Games (7) 3/4 Sport – Minor ball games - Newcombe - Hot Shots SWIM TRIALS	Fitness Activities Using Games Fitness testing 3/4 Sport = Invasion/NetWall/ StrickingFielding/ Target games (9) CROSS-COUNTRY	Athletics (4) Rope Work(4) 3/4 Sport = Invasion game - Hockey (3)	Sport Skills (8) Blast 20 Cricket Game making (2) - Tee Ball (10) Swimming
Yr4	Co-operative games (1) Ball Handling Skills (7) Games (7) 3/4 Sport = Minor ball games - Newcombe - Hot Shots - SWIM TRIALS	Fitness Activities Using Games Fitness testing -Game sense AFL unit(4) 3/4 Sport = Invasion/NetWall/ StrickingFielding/ Target games (9) CROSS-COUNTRY	Athletics (4) Rope Work 3/4 Sport = Invasion game Hockey (3)	Sport Skills (8) Blast20 Cricket Game making (2) - Tee Ball (10) Swimming
Yr5/6	Co-operative games (1) Striking Games -Softball Unit -Hot Shots Invasion sport unit - Hockey) SWIM TRIALS SUMMER SPORTS	CROSS-COUNTRY Fitness Activities Using Games Fitness testing Invasion sport unit - Game Sense Afl (4) WINTER SPORTS	Athletics (5) Invasion Sport Unit Hockey -Outdoor Education - Orienteering ATHLETICS CARNIVAL	Striking/Fielding sport unit - Cricket (4) Game making (2) Swimming BLAST20 ELECTIVES PROGRAM