

Physical Education is an essential part of your child's schooling at Enfield Primary School. We study a variety of sports and human movement; focussing on skill development, personal fitness, working in teams and individually, personal safety and awareness, self-esteem and respect for others.

**Aim: to expose students to a range of sports and skills to foster positive feelings about participating and engaging in sports, now and for future involvement.**

**Safety considerations: During these lessons, ALL students are expected to;**

- Wear appropriate footwear (white soled if possible) and a broad brimmed school hat, if the UV rating is 3 or higher.
- Participate and engage in every part of the lesson to the best of their ability.
- Behave in a way that allows themselves and others to feel safe and motivated.
- Use sports equipment safely and appropriately.
- Bring a water bottle to lessons and apply sunscreen when necessary.
- Follow our "Gym" rules and code of behaviour.
- **Follow our Physical Education Code of Conduct which is aligned to our 4 Enfield P.S. Values being;**  
**Respect- Listen to, and follow all instructions.**  
**Achievement- Do your very best.**  
**Belonging- Share with everyone.**  
**Diversity- Play with everyone.**

**During Term 3 students will participate in the following units of work:**

**Fundamental Movement Skills- ACARA- Sub-Strand 3: Learning through Movement.**

Human Movement: Locomotion Skills- running, jogging, walking, hopping, galloping, jumping, skipping, leaping, dodging and weaving.

Ball skills: bouncing, throwing, catching, rolling, bowling, trapping, kicking, hitting small and large ball - using preferred and non-preferred hands and feet.

Co-operative games: develop small and large group cohesion.

Students will put these skills into action through introductory games of the following sports and games based on their skill level:

**1. Gymnastics:**

Students develop and increase their skills in finding a space, making basic shapes, balancing, jumping, landing and rolling as well as understanding basic safety requirements and fundamental gymnastic movement skills.

**2. Tennis/ 'Padder Tennis'/ Badminton:**

The children will focus on some skills of Tennis/Badminton. These include striking the ball – ground strokes, serving the ball, receiving/returning the ball, court positioning and the basic game rules. They will also be involved in some minor skill games or activities to enhance their team play.

**3. Volleyball:**

We will be focussing on skills such as digging, setting, spiking, serving, court positions and roles of these positions and teamwork in an attempt to participate in a game of Volleyball.

**4. Lacrosse/Sofcrosse:**

The children will focus on some basic skills of Lacrosse/Sofcrosse. These include scooping the ball off the ground, cradling the ball, passing /catching the ball, running with the ball, field positions and the basic game rules. They will also be involved in some minor Lacrosse/Sofcrosse skill games or activities to enhance their team play.

**SPECIAL EVENTS & DATES TO NOTE:**

**Enfield PS Tri-Skills Fun Sports Day (Friday 17/11/17 WK 5):**

As a part of "PHYSICAL EDUCATION WEEK 2017" our Enfield PS Tri-Skills Fun Sports Day will be held on Friday 17/11/17 (Wk. 5) on the EPS School oval from 9:30am- 12.45pm. Activities will be followed by a Healthy Lifestyle Lunch and a relaxing afternoon in classes.