



SPPS 2020 Physical Education Program

Vision Statement: At Salisbury Park Primary School we have a strong desire for our students to adopt a strong passion for Physical Education. We do this by empowering students to lead an active and healthy lifestyle for lifelong benefits within wellbeing.

Mission Statement: Physical Education is a highly valued subject at Salisbury Park Primary School. As such, it is a sequential education program that provides students with knowledge, skills, fitness and attitudes necessary to lead a healthy lifestyle.

At Salisbury Park we:

- Encourage students to embrace the 4 school values of: Honesty, Respect, Belonging and Fairness and the many social aspects of sport, for competition and enjoyment.
- Provide and encourage students to practise and master skills in a wide variety of sports and activities, thus ensuring lifelong activity, healthy habits and improved wellbeing in all formats – Physical, Social and Emotional.
- Provide students with opportunities to develop their skills in ‘game’ setting, where the rules, placement of players and use of equipment are explored.
- Display good sportsmanship towards others and understanding what it is to be a “good sport”.
- Participate and represent SPPS in SAPSASA school competitions internally and externally.
- Assess, achieve and maintain physical fitness.

Participation in physical education lessons contributes to overall success in the student’s school life because it develops self-confidence, social skills and competence in selected motor skills.

Students participate in 2 lessons of physical activity per week and SAPSASA carnivals from years 4-7 if selected.

The Physical Education program for Salisbury Park Primary School can be viewed on the SPPS website along with Health and Wellbeing program. http://www.salsparkps.sa.edu.au/news_news.htm

| | | Years R-3 | Years 4-7 |
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| Term 1 | Weeks 1 - 3 | <p><i>Program Introduction:</i></p> <ul style="list-style-type: none"> • group dynamics / relationship development games: <ul style="list-style-type: none"> ○ Relays ○ Perfect Pass ○ Human Alphabet ○ Hoop rescue ○ Under /Over ○ Fruit Salad ○ Rob the Nest ○ Circle the Circle ○ Circuits ○ Tails ○ Dog pound ○ Builders and Bulldozers ○ Duck, Duck, Goose ○ Musical statues ○ Jump rope ○ Play is the way (Piccadilly circus) • general class routines/norms/rules • 4-square | <p><i>Program Introduction:</i></p> <ul style="list-style-type: none"> • group dynamics / relationship development games: <ul style="list-style-type: none"> ○ The Gauntlet ○ Red light green light ○ Capture the Flag ○ Line chase ○ Yoshi ○ Pizza Tag ○ Benchball ○ 4 corners (pirate ship) ○ No Mans Land ○ Spoke relay ○ Tails ○ Formula 1 race ○ Circuits ○ Dog pound ○ Builders and Bulldozers ○ Play is the way (Piccadilly circus) • general class routines/norms/rules • 4-square |
| | Weeks 4 - 7 | <p><i>Large ball handling skills: Netball</i></p> <ul style="list-style-type: none"> • Warm Up Games Relevant to Netball – <ul style="list-style-type: none"> ○ Decrease area run ○ Follow the Leader ○ Partner Shadow ○ Over / Under ○ Golden Child • Familiarisation tasks – <ul style="list-style-type: none"> ○ Rolling, stopping, bouncing ○ passing – to self, chest, bounce ○ Catching – soft hands ○ following a player ○ moving to a space ○ dodging | <p><i>Large ball handling skills: Netball</i></p> <ul style="list-style-type: none"> • Warm Up Games Relevant to Netball – <ul style="list-style-type: none"> ○ Partner Shadow ○ Golden Child ○ Net Volley ○ Dodge Ball • Familiarisation tasks – <ul style="list-style-type: none"> ○ passing – chest, bounce, shoulder, lob ○ defending ○ dodging ○ rules & positions (umpiring) ○ Spatial awareness/leading ○ Possession games ○ 1vs3, 6vs6, 1/3 sections |

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| | Week 8 | <p><i>Athletics:</i></p> <ul style="list-style-type: none"> ○ Running – in lanes ○ Relay ○ Hurdles ○ Long Jump ○ High Jump ○ Vortex/Foam Javelin | <p><i>Athletics:</i></p> <ul style="list-style-type: none"> ○ Running – basic technique ○ Relay ○ Hurdles ○ Long Jump ○ High Jump ○ Shot put ○ Discuss ○ Vortex/Foam Javelin |
| | Weeks 9-11 | <p><i>Large ball handling skills: Basketball & European Handball</i></p> <ul style="list-style-type: none"> ● Familiarisation tasks – <ul style="list-style-type: none"> ○ Skill review ○ large ball handling games ○ passing – chest, bounce ○ defending ○ moving to a space ○ dodging ○ basic rules & positions ○ modified games | <p><i>Large ball handling skills: Basketball & European Handball</i></p> <ul style="list-style-type: none"> ○ passing – chest, bounce, shoulder, lob ○ defending ○ dodging ○ rules & positions (umpiring) ○ modified games ○ possession game ○ end zone games |

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| Term 2 | Weeks 1 – 4 | <p><i>Foot Skills: Soccer</i></p> <ul style="list-style-type: none"> ○ Ball control ○ Dribbling with foot (elim. Game) ○ Passing with instep ○ Trapping/Stopping ○ Small sided ○ Shooting - target ○ Cone elimination | <p><i>Foot Skills: Soccer</i></p> <ul style="list-style-type: none"> ○ Ball control ○ Dribbling with foot ○ Passing with instep ○ Trapping/Stopping ○ Number soccer ○ Shooting drills ○ Elimination control ○ Small sided modified games |
| | Weeks 5 - 6 | <p><i>Hand-Eye Co-ordination: Softcross</i></p> <ul style="list-style-type: none"> ○ Lacrosse/Softcross ○ Shovel technique ○ Spatial awareness/leading ○ Trapping ○ Fling pass ○ Game sense ○ Small sided ○ Number games | <p><i>Hand-Eye Co-ordination: Lacrosse/Softcross</i></p> <ul style="list-style-type: none"> ○ Lacrosse/Softcross ○ Shovel technique ○ Spatial awareness/leading ○ Trapping ○ Fling pass ○ Game sense ○ Small sided ○ Number games |
| | Weeks 7 - 8 | <p>Net Games: Volleyball</p> <ul style="list-style-type: none"> ○ Keeping ball up ○ Allowing bounce ○ Massive ball ○ Modified games ○ HORSE ○ Use balloons | <p>Net Games: Volleyball</p> <ul style="list-style-type: none"> ○ Keeping ball up ○ Allowing bounce ○ Massive ball ○ Modified games ○ HORSE ○ Dig, set & volley's <p>Net Games: Badminton</p> <ul style="list-style-type: none"> ○ Shuttle hitting ○ Keeping shuttle up ○ Overhead clear ○ Forehand ○ Backhand ○ Use balloons |
| | Weeks 9-10 | <p>Gymnastics</p> <ul style="list-style-type: none"> ○ Circuit Training ○ Balance ○ Trampoline ○ Stretching ○ Core strength ○ Professional Coaching – Launchpad (Incursion) | <p>10 Pin bowling</p> <ul style="list-style-type: none"> ○ Bowling technique ○ Modified games – portable lanes ○ Scoring ○ Excursion Experience at Salisbury Bowland |
| Term 3 | Weeks 1 - 5 | <p><i>Large Ball Foot Skills: AFL</i></p> <ul style="list-style-type: none"> • Warm Up games relevant to AFL: <ul style="list-style-type: none"> ○ Run n Touch (10 steps) ○ Run, throw n catch ○ Red Rover ○ Octopus ○ Follow your partner ○ Tail Chasey ○ Dynamic Warm Up • Familiarisation tasks – <ul style="list-style-type: none"> ○ Ball shape ○ Handling ○ Throw to self, mark up / mark chest ○ Run & touch (10 steps) ○ Kick to self / partner / goals • Spatial awareness/leading | <p><i>Large Ball Foot Skills: AFL & Tag Rugby</i></p> <ul style="list-style-type: none"> • Warm Up games relevant to AFL: <ul style="list-style-type: none"> ○ Flag Belt Tag ○ Partner Shadow ○ Knee Tag ○ Dynamic Warm Up • Familiarisation tasks – <ul style="list-style-type: none"> ○ Ball shape ○ Handling ○ Throw to self, mark up / mark chest ○ Run & touch / bounce ○ Kick to partner / goals ○ Handball ○ Picking up ball <p>Modification games – possession games – handball possession game</p> <ul style="list-style-type: none"> ○ Small sided games ○ Spatial awareness/leading ○ Tagging (mod. Tackle) ○ Rugby Position |
| | Weeks 6 - 10 | <p><i>Hand Eye Coord: Hockey(polo sticks/scooter board)</i></p> <ul style="list-style-type: none"> ○ Passing (push)- agility (get into position) and delivery (out in front) ○ Tactical principles – support with width and depth (triangle) ○ Dribble (elim. Game) ○ Game sense- making good decisions and problem solving ○ Personal and team responsibilities ○ Safety ○ - Defensive position (goal side) and principles ○ Spatial awareness/leading | <p><i>Hand Eye Coord: Hockey-(indoor polo/scooter & Puck)</i></p> <ul style="list-style-type: none"> ○ Passing (push)- agility (get into position) and delivery (out in front) ○ Tactical principles – support with width and depth (triangle) ○ Dribble – pushing not tapping ○ Game sense- making good decisions and problem solving ○ Personal and team responsibilities ○ Safety ○ - Defensive position (goal side) and principles ○ Spatial awareness/leading |

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| | Weeks 1 - 9 | <p><i>Hand-Eye Co-ordination: Hitting/tracking/striking/fielding</i></p> <ul style="list-style-type: none"> • T-Ball/cricket/tennis <p><i>Small Ball Handling Skills:</i></p> <ul style="list-style-type: none"> ○ Familiarisation tasks – <ul style="list-style-type: none"> ○ rolling, stopping, bouncing & catching ○ small ball handling games ○ Cricket/T-Ball - <ul style="list-style-type: none"> ○ Throwing over arm & catching ○ Bowling ○ fielding ○ stopping a rolled ball ○ throwing to a target ○ batting – straight hitting ○ basic rules & positions ○ Tennis - <ul style="list-style-type: none"> ○ Hitting ○ forehand ○ Backhand ○ Racquet skills – juggling, bouncing ○ Footwork | <p><i>Hand-Eye Co-ordination: Hitting/tracking/striking/fielding</i></p> <ul style="list-style-type: none"> • T-Ball/cricket/golf/tennis <p><i>Small Ball Handling Skills:</i></p> <ul style="list-style-type: none"> ○ Familiarisation tasks – <ul style="list-style-type: none"> ○ rolling, stopping, bouncing & catching ○ small ball handling games ○ Cricket/T-Ball - <ul style="list-style-type: none"> ○ Throwing over arm & catching ○ Bowling ○ fielding ○ stopping a rolled ball ○ throwing to a target ○ batting and different style shots ○ basic rules & positions ○ Golf - <ul style="list-style-type: none"> ○ Hitting – swing - balance ○ Chipping ○ Putting ○ Safety ○ Tennis - <ul style="list-style-type: none"> ○ Hitting ○ forehand ○ Backhand ○ serve ○ Racquet skills – juggling, bouncing ○ Footwork |
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