

PHYSICAL EDUCATION PROGRAM 2021

Vision Statement: At Salisbury Park Primary School we have a strong desire for our students to adopt a great 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 practice 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. PE academic weighting of Australian Curriculum is considered to be 70% of students semester grading.

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
Term 1		<p><i>Program Introduction:</i></p> <ul style="list-style-type: none"> • Tag Games 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"> • Tag Games 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 1 - 3		

	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
	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

Term 2	Weeks 1 – 4	Foot Skills: Soccer <ul style="list-style-type: none"> ○ Ball control ○ Dribbling with foot (elim. Game) ○ Passing with instep ○ Trapping/Stopping ○ Small sided ○ Shooting - target ○ Cone elimination 	Foot Skills: Soccer <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	Hand-Eye Co-ordination: Softcross <ul style="list-style-type: none"> ○ Lacrosse/Softcross ○ Shovel technique ○ Spatial awareness/leading ○ Trapping ○ Fling pass ○ Game sense ○ Small sided ○ Number games 	Hand-Eye Co-ordination: Lacrosse/Softcross <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	Net Games: Volleyball <ul style="list-style-type: none"> ○ Keeping ball up ○ Allowing bounce ○ Massive ball ○ Modified games ○ HORSE ○ Use balloons 	Net Games: Volleyball <ul style="list-style-type: none"> ○ Keeping ball up ○ Allowing bounce ○ Massive ball ○ Modified games ○ HORSE ○ Dig, set & volley's Net Games: Badminton <ul style="list-style-type: none"> ○ Shuttle hitting ○ Keeping shuttle up ○ Overhead clear ○ Forehand ○ Backhand ○ Use balloons
	Weeks 9-10	Gymnastics <ul style="list-style-type: none"> ○ Circuit Training ○ Balance ○ Trampoline ○ Stretching ○ Core strength ○ Professional Coaching – Launchpad (Incursion) 	10 Pin bowling <ul style="list-style-type: none"> ○ Bowling technique ○ Modified games – portable lanes ○ Scoring ○ Excursion Experience at Salisbury Bowland

Term 3	Weeks 1 - 5	<p>Large Ball Foot Skills: AFL</p> <p>Warm Up games relevant to AFL -</p> <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 <p>Familiarisation tasks –</p> <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 <p>Spatial awareness/leading</p>	<p>Large Ball Foot Skills: AFL & Tag Rugby</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>Hand Eye Coord: Hockey(polo sticks/scooter board)</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>Hand Eye Coord: Hockey-(indoor polo/scooter & Puck)</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

Term 4	Weeks 6 - 10	<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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