



Maribyrnong Primary School

Unit Overview- Term 1- PE



Term 1 Learning

Welcome to PE, 2020. This term we will be focusing on developing fundamental movement skills and learning cooperation and teamwork strategies.

Students learning will focus on:

- Fundamental Movement Skills: catch, kick, run, jump, overhand/underarm throw, ball bounce, leap, dodge, punt, forehand strike, two-hand side-arm strike

PE Lessons include:

- Participating in a wide range of physical activities: Cooperative Games, Invasion Games, Net and Wall Games, Feilding and striking Games, Target Games, Chasing and Fleeing Games, Fundamental Movement Games and Health and Fitness Games.
- Cooperative Skills: Sportsmanship, communication, cooperation, teamwork, trust, and problem solving.
- Following rules when participating in games.

How you can support learning

- Playing games with your child/children that include the fundamental movement skills (listed above).
- Encourage participation in all activities.
- Encourage your child to be active outside of school.
- Promote healthy lifestyle habits within your family.
- Discuss sportsmanship values with an emphasis on enjoyment and participation.

Key Dates and Activities

Weeks 2 - 5: Capital Football Clinics (Yrs 4-6)

Week 6: 10th March - Swimming Carnival

Weeks 6 – 9: Tennis Clinics (Yrs 4-6)

Week 7: 20th March – Cross Country Carnival

Key contact details

jodi.lieschke@ed.act.edu.au

jasmine.paunovic@ed.act.edu.au

andrew.buesnel@ed.act.edu.au