

MOGGILL SS PE OUTLINE FOR TERM 1 2018

Year Level	TERM 1 OVERVIEW
PREP	<p>Gross Motor Program In this unit of work students will participate in locomotion skills, body-management skills and object control skills. Locomotion skills include running, hopping & skipping. Body Management skills include static balance, dynamic balance & jumping/landings. Object control skills include catching a small and large ball, bouncing with one and two hands and catching on the move.</p> <p>Cross Country Activities In this unit of work students will participate in a number of cross country lessons in the lead up to the school carnival.</p>
1	<p>Gross Motor Program In this unit of work students will participate in locomotion skills, body-management skills and object control skills. Locomotion skills include running, hopping & skipping. Body Management skills include static balance, dynamic balance & jumping/landings. Object control skills include catching a small and large ball, bouncing with one and two hands and catching on the move.</p> <p>Cross Country Activities In this unit of work students will participate in a number of cross country lessons in the lead up to the school carnival.</p> <p>Swimming In this unit of work students will participate in lessons that will focus on stroke development. The two strokes that will be taught are freestyle and backstroke.</p>
2	<p>Gross Motor Program In this unit of work students will participate in locomotion skills, body-management skills and object control skills. Locomotion skills include running, hopping & skipping. Body Management skills include static balance, dynamic balance & jumping/landings. Object control skills include catching a small and large ball, bouncing with one and two hands and catching on the move.</p> <p>Swimming In this unit of work students will participate in lessons that will focus on stroke development. The two strokes that will be taught are freestyle and backstroke.</p> <p>Cross Country Activities In this unit of work students will participate in a number of cross country lessons in the lead up to the school carnival.</p>
3	<p>Volleyball/Newcomb Ball In this unit of work students will participate in a number of skills including serving, catching, throwing and teamwork. These skills will then be applied to a game situation.</p> <p>Swimming In this unit of work students will participate in lessons that will focus on stroke development. The two strokes that will be taught are freestyle and backstroke.</p>

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	<p>Cross Country Activities In this unit of work students will participate in a number of cross country lessons in the lead up to the school carnival.</p>
4	<p>Volleyball/Newcomb Ball In this unit of work students will participate in a number of skills including serving, catching, throwing and teamwork. These skills will then be applied to a game situation.</p> <p>Health Related Fitness In this unit of work students will participate in a number of activities that will test their muscular strength, aerobic endurance, muscular power, coordination and flexibility.</p>
5	<p>Volleyball In this unit of work students will participate in a number of skills including serving, setting and digging. These skills will then be applied to a game situation.</p> <p>Health Related Fitness In this unit of work students will participate in a number of activities that will test their muscular strength, aerobic endurance, muscular power, coordination and flexibility.</p>
6	<p>Volleyball In this unit of work students will participate in a number of skills including serving, setting and digging. These skills will then be applied to a game situation.</p> <p>Health Related Fitness In this unit of work students will participate in a number of activities that will test their muscular strength, aerobic endurance, muscular power, agility, speed, coordination and flexibility.</p>