

PE Monthly Update #7

YEAR 1

Unit 5 Movement Composition

This week we have started our new unit on gymnastics. During this unit we will work on improving the skills learnt during the first gymnastics unit and during our PMP sessions. They will start to combine different aspects of gymnastics into sequences.

PMP

Thanks to all the parents who have volunteered during Term Two to help with our PMP sessions. Your assistance is greatly appreciated.

YEAR 2

Unit 5 Invasion Games - rugby

The Year Twos have started their new invasion games unit based on rugby. During this unit they will learn the rules of mini rugby and work on how to be better attackers and defenders.

PMP

Thanks to all the parents who have volunteered during Term Two to help with our PMP sessions. Your assistance is greatly appreciated.

YEAR 3

Unit 5 Invasion Games -gaelic football

During this unit the Year 3s will be introduced to the sport of gaelic football. They will explore the different rules and the different ways of travelling, passing and scoring.

Unit 5 Games - tennis

With their class teachers, they will be introduced to tennis with a focus on how to

hit the ball consistently and accurately.

YEAR 4

Unit 5 Games - cricket

The Year Fours have just started a unit on cricket. It will cover the basic skills of batting, bowling and fielding. They will use the skills learnt in modified games.

Unit 5 - Playground Games

With their class teachers they will be playing a variety of games to enhance their spatial awareness, game sense and sportsmanship.

YEAR 5

Unit 5 - Individual Pursuits - Athletics

The Year five athletics unit will be linked to their class unit on energy. They will look at the energy systems we use when doing athletics.

Unit 5 Movement Composition - Dance

With their class teachers the focus will be on creating patterns when dancing.

YEAR 6

Unit 5 - adventure challenge

After the Easter holidays the Year 6s will start a unit on map reading and exploration. The unit will focus on three different sports and leisure time activities which involve map reading and finding things.

Unit 5 - health and fitness

With their class teachers they will be looking at health and fitness and the changes (both positive and negative) that happen to the body when we exercise.

SPORTING CELEBRATIONS

This is a new section for the monthly P.E. update. This section will be for celebrating sporting success outside of school. So if your child does well in any sporting events (rugby, tae kwon do, golf, etc.) please email me at timothy.teahan@bhs.edu.hk and I will include it in this section. If you also have a photo I will also try and include it as well (space and size permitting!).