

PE Monthly Update #8

YEAR 1

Invasion Games - Handball

The Year Ones have started their final unit of the year where the focus will be on invasion games. The invasion games unit will use the game of handball to teach about defensive and attacking skills. During this unit they will learn about the importance of space when playing an invasion game.

Fundamental Movement Skills (FMS)

Thanks to the parents who have volunteered to help this term. Your assistance is greatly appreciated. This term FMS will focus on improving and consolidating the skills they have previously learnt. The outside station will focus on basketball and will use the skills taught during their PE lessons to improve their spatial awareness.

YEAR 2

Invasion Games - Football

The Year Twos have started a new invasion games unit with the focus on football. They will learn the skills of football and will also learn the importance of team work when defending and attacking.

Fundamental Movement Skills (FMS)

Thanks to the parents who have volunteered to help this term. Your assistance is greatly appreciated. This term FMS will focus on improving and consolidating the skills they have previously learnt. The outside station will focus on basketball and will use the skills taught during their PE lessons to improve their support play and attacking/defending skills.

YEAR 3

Invasion Games - Hockey

The Year Threes have started a new invasion games unit where the focus is on the skills of hockey. They will learn the basic skills of hockey and then use them in small sided modified games. They will explore the importance of collaboration and team work when playing hockey.

Movement Composition - Dance

With their class teachers they are creating dances collaboratively. They have started their unit by taking dances off youtube and creating their own moves to those dances in groups. By the end of the unit they will be creating their own dance group sequences.

YEAR 4

Health Related Fitness

The Year Fours have started a unit on health related fitness. This unit is linked to their class unit on technology. The focus will be on how digital technology can help us (or hinder us) improve our fitness.

Individual Pursuits - Swimming

With their class teachers and coaches from ESF they will start their swimming programme in June. Please read the letter carefully and make sure all the items that are needed are packed the night before. The lessons will focus on stroke development.

YEAR 5

Health Related Fitness

This unit will focus on how to improve the student's fitness and stamina. The first lesson of the unit was a beep test. They will be re-tested at the end of the unit to see if during their unit they have improved this speed and stamina. Ideally they should be working on improving their health and fitness at home as well.

Individual Pursuits - Swimming

With their class teachers and coaches from ESF they will start their swimming programme in June. Please read the letter carefully and make sure all the items that are needed are packed the night before. The lessons will focus on stroke development.

YEAR 6

Invasion Games - Various Sports

In this unit the focus will be on sports. They will play a variety of sports that they have learnt during their six years of Beacon Hill. There will be a focus on leadership and team work.

Movement Composition - Dance

With their class teachers they will be looking at how dance can be a part of a production. They will look at choreography and how to tell a story through dance.