

# Perceptual Motor Program

## Year 1 Health and Physical Education, Term 1, 2020

This term we will be focussing our learning on exploring and developing our spatial awareness and coordination through our Perceptual Motor Program (PMP) unit. The skill development will include balancing with movement; throwing and catching including with precision to hit targets. We will also be building up running/walking endurance in preparation for the school cross country in Term 2. During our lessons, we will be discussing our responsibilities of what is required to become independent learners in the classroom and in the playground. We will also discuss how to make sensible food choices. We will talk about why we are different from each other by identifying our individual strengths and weaknesses with the students recognising the similarities and differences in each other and learn how to celebrate and respect them.

### Skills

- Demonstrate positive ways to interact with a partner
- Perform object control skills of throwing and catching
- Perform loco-motor skills of running/jogging and jumping techniques
- Propose a range of alternatives and test their effectiveness when solving movement challenges
- Describe changes that occur as they grow older, recognising diversity and how it contributes to identities
- Describe changes that occur as individuals grow older
- Describe how family and community acknowledge changes
- Recognise similarities and differences in individuals and how these are celebrated and respected.

### Assessment

Physical performances are based on the ongoing application of skills and conceptual understandings of the sports/ skills focussed on during the term. Assessment and performances are observed on a number of occasions throughout the term and judgements relating to the quality of performances are made using evidence gathered and recorded.

Students will be assessed on their ability to identify how the body reacts to different physical activities, demonstrate fundamental movement skills in different movement situations and test alternatives to solve movement challenges. Students will examine messages related to health decisions and describe what is happening as they grow.

### Students will use and understand vocabulary such as:

<b>Throw</b>	<b>Locomotion</b>	<b>Guidelines</b>	<b>Movement</b>	<b>Space</b>
<b>Catch</b>	<b>Healthy</b>	<b>Run</b>	<b>Teamwork</b>	<b>Gallop</b>
<b>Move</b>	<b>Active</b>	<b>Jump</b>	<b>Skip</b>	<b>Hop</b>

### Contact

If you have any questions regarding Health and Physical Education and/or the progress of your child, please contact your child's HPE teacher, Tuesday to Friday.

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