

## 'Howzat!'

### Year 5 Health and Physical Education, Term 1, 2020

This term we will be focussing our learning on exploring and developing our teamwork and ball skills through the unit called 'Howzat!' (Cricket). The skill development will include bowling, throwing, catching, fielding batting and running in a group situation with particular focus on precision and accuracy. During our lessons, we will be discussing the safety messages that relate to cricket such as sun safety and protection from the (tennis) ball and why they are important. Furthermore, we will discuss how students can make healthy choices and stay physically active. Students will also be building up running/walking endurance in preparation for the school cross country at the end of Term 1.

#### Skills

- Applies strategies for working cooperatively and applies cricket rules fairly
- Refines fundamental cricket movement skills and applies concepts and strategies to solve movement challenges in cricket drills and games.
- Creates and performs cricket movement sequences using fundamental movement skills and the elements of movement
- Interprets health messages and discusses the influences on healthy and safe choices.
- Understands the benefits of being healthy and physically active.

#### Assessment

Physical performances are based on the ongoing application of skills and conceptual understandings. Assessment occurs over a period of time during lessons where children complete planned assessment activities. Performances are observed on a number of occasions throughout a unit of work, and judgments relating to the quality of performance are made iteratively and recorded on observation records.

Students will be assessed on their ability to demonstrate fundamental movement skills in different movement situations and apply strategies for working cooperatively and applying rules fairly. They will also be assessed on their ability to discuss the influences of healthy and safe choices and their understanding of the benefits of being healthy and physically active.

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

<b>Throw</b>	<b>Run-up</b>	<b>Bowl</b>	<b>Influence</b>	<b>Team Building</b>
<b>Catch</b>	<b>Bat</b>	<b>Fair Play</b>	<b>Teamwork</b>	<b>Field</b>
<b>Bounce</b>	<b>Strategies</b>	<b>Responsibilities</b>	<b>Cooperating</b>	<b>Right/Left-handed</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.

#### Darren Lawrance

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