

'Jump & Kick!'

Year 1 Health and Physical Education, Term 3, 2020

This term we will be focussing our learning on exploring and developing our timing, coordination and fitness by engaging in the Jump Rope for Heart (JRFH = skipping) program. Children will learn the benefits of consistent practice when trying new skipping skills. Parents can choose to have their child raise money for the Heart Foundation by creating a fundraising profile on the JRFH website. During our lessons, we will be discussing safe use of the skipping rope and why these precautions are important. Children will also practice the fundamental skills of AFL – kicking (drop-punt), catching, hand-pass, running and evasion. They will experience the concepts of team play in an invasion sport (AFL) i.e. spreading out, finding space/marketing a player and advancing the ball down the field.

Skills

- Apply strategies for working cooperatively and apply skipping safety and AFL rules fairly
- Refine fundamental skipping and AFL movement skills and apply concepts and strategies to solve movement challenges in skipping and AFL drills and games.
- Create and perform skipping and AFL movement sequences using fundamental movement skills and the elements of movement
- Interpret health messages and discuss 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:

Drop punt
Goal
Bounce

Catch
Behind
Space

Hand-pass
Free kick
Mark

Forwards
Teamwork
Find space

Backwards
Marking a player
Criss-cross

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:

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