

'Jump-Throw-Run!'

Yr 6 Health and Physical Education, Term 3, 2020

This term we will be focussing our learning on exploring and developing our spatial awareness, coordination and fitness by engaging in the Jump Rope For Heart (JRFH = skipping) program. Children will experience the benefits of consistent practice when seeking to master challenging 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 heart health – eating the right food groups and regular cardio exercise. Children will also practice the techniques of the following athletics field events - discus, shot put and long jump. In doing so, they will experience the concepts related to applying forces using different parts of their bodies, in order to maximise their performance. Finally, they will practice the skills and team play concepts of touch football e.g. passing, tagging, dumping, evasion, defensive line, onside/offside and running from dummy half.

Skills

- Apply strategies for working cooperatively and apply skipping safety, athletics and touch football rules fairly
- Refine fundamental skipping, athletics and touch football movement skills and apply concepts and strategies to solve movement challenges in skipping, athletics and touch football drills and games.
- Create and perform skipping, athletics and touch football movement sequences using fundamental movement skills and the elements of movement.
- Understand the benefits of being healthy diet and regular cardio exercise.

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:

Play-the-ball	Backward/forward pass	Run up	Wide base of support	In-and-away
Double-under	Onside/offside	Dummy-half	Defensive line	Outside your player
Dump	Throwing sector	45 degree angle	Index finger	Leg extension

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:

Darren Lawrance

dlawrance@princeofpeace@qld.edu.au



Junior Campus
Kindy – Year 6
20 Rogers Parade West
Everton Park QLD 4053
P +61 7 3872 5700

Senior Campus
Year 7 – Year 12
25 Henderson Road
Everton Hills QLD 4053
P +61 7 3872 5600

E school@princeofpeace.qld.edu.au W www.princeofpeace.qld.edu.au ABN No. 55 716 243 279

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