

SPECIALIST AREA NEWSLETTER

2026 TERM 3 OVERVIEW: Physical Education



Foundation

This term students will be introduced to a variety of fundamental movement skills in partner and small group activities. These will include jumping, leaping, hopping, running, dodging, throwing, catching, kicking and ball bouncing. There will be a focus on fitness with participation in many fun running activities and games. Participation, staying safe and having fun is always encouraged.

Your child will also have the opportunity to participate in Perceptual Motor Program (PMP). These sessions will provide students to practise the vital fundamental movement skills they learn during P.E lessons such as throw, catch, kick, punt, run, leap, dodge, jump, balance, overhand throw and ball bounce as well learning how to work in small group settings.

Students will also begin to identify links between physical activity and health. Water bottles and appropriate footwear are required during sport lessons.

Grade 1 /2

This term students will be practising a variety of fundamental motor skills and a range of more complex skills in partner and small group activities. These will include: throwing, catching, ball bounce, kicking, running, leaping, jumping, hopping dodging, overhand throw, two hand striking and game play. There will be a focus on fitness with participation in many fun running activities and games. Participation, staying safe and having fun is always encouraged. Students will also begin to identify links between physical activity and health.

Students will also begin to identify links between physical activity and health. Water bottles, P.E uniform and appropriate footwear are required during sport lessons.

Grade 3/4

This term in Physical Education, students will be practising a variety of fundamental motor skills through athletics and a range of more complex skills in partner and small group situations. The events students will be introduced to are shot put, discus, high jump, long jump, triple jump, hurdles and relay. Students will have the opportunity to participate in field lacrosse and badminton. There will be an emphasis on technique, game rules and basic strategy to enhance team performance.

Each lesson will include a range of engaging fitness challenges designed to develop mobility and fitness. Participation, staying safe and having fun is always encouraged. Students will also begin to identify links between physical activity and health.

Grade 5/6

During Term 3 in Physical Education, students will be practising a variety of basic motor skills and a range of more complex skills in athletics. These will include: discus throw, shot put, high jump, long jump, triple jump and running events. The Coburg West Primary School Sprint Trials were held at Shore Reserve on Friday 17th July from 11:30am - 1:30pm. The students that finish with the best results will have the opportunity to represent our school in The Coburg District Athletics Event on Thursday 18th August.

Grade 5.6 students will also have the opportunity to participate in 5 X 45 swimming sessions at Windy Hill Pool as part of the Coburg West P.S swimming program. These focus on water safety, swimming techniques and having fun around water. These sessions will run in the last week of Term 3: Monday 14th September until Friday 18th September (More information to come)

Each lesson will include a range of engaging fitness challenges designed to develop mobility and fitness. Participation, staying safe and having fun is always encouraged. Students will also begin to identify links between physical activity and health.

In grade 5 sports students will have the opportunity to participate in a variety of team games such as Volleyball and Softball. In grade 6 sport students will be involved in a netball tournament. We aim to provide the students with the opportunity to compete in well organised and enjoyable sports that are an extension of the Physical Education program. Students will put into practise the school values in a sports setting.

