

## Health and Physical Education overview

This term the junior primary children will be focussing on fundamental movement skills such as tumbling, kicking, dribbling, jumping, balancing, leaping and hopping. This will be done by giving children the opportunity to play as many games as possible throughout the term that involve these skills.



The middle and upper primary students will be focussing on similar skills that are sport specific as they will be learning about volleyball, soccer and gymnastics. They will also be continuing with some fitness testing that they will create and continuing to look into food and nutrition.

