



PE Term Four Overview

PE with Miss Ockendon

To start term four off, Prep students will be taking part in a Dance Unit where they will be learning all different aspects of dance, including shapes, levels and beat. During the unit students will learn the steps to a dance, put them together and perform to their class. To finish the term off they are lucky enough to have a coach from Sunnybank Rugby come out and take them for some lessons. Preps will be taught basic skills and will play fun games to develop special awareness as well as fair play understanding.

The Year one and two students will be participating in a skipping unit. During this unit students will learn how to correctly hold and use skipping ropes. They will do this by taking part in small partner rotations where they will not only learn basic skipping but also be exposed to a range of more difficult skips to enhance their abilities. The second half of the term will see them taking part in the rugby unit with the specialised coach provide by Sunnybank Rugby.

Year three and four students will be learning the basic skills for tennis, including forehand hit, backhand hit, serving as well as racquet control. They will learn these skills and then transfer them into modified game situations. Tag games will be the second unit that these students will participate in. During this unit students will learn how to adopt fair play, teamwork and strategy.

In the upper school, the year five and six classes will be taking part in a volleyball unit. They will be exploring the many skills associated with volleyball, including serving, setting and digging. By the end of the unit students will be participating in games, thinking strategically how to use those new skills to their advantage.

