



Physical Education

Our Physical Education program encompassing our school motto “Learning for Life” seeks to promote lifelong healthy lifestyles and habits. Physical education is the process through which gymnastics, dance, ball handling skills, sport education, athletics, aquatics and outdoor adventure activities are used to help the students develop motor skills and achieve physical fitness.

Each class has a weekly lesson with a physical education teacher and further sessions with the class teacher.

The focus for Prep to Year 3 is the development of the eleven fundamental motor skills right across the Physical Education curriculum. The development of these fundamental motor skills, as listed below, has been identified as essential if optimal development of higher level skills is to occur. Students who do not master these skills are at risk of avoiding participation in team sports and may reject participation in physical activity as part of their lifestyle.

- Gymnastics – run, vertical jump, leap
- Dance – dodge, run, vertical jump, leap
- Athletics – overhand throw, run, vertical jump, leap
- Ball Handling – overhand throw, kick, catch, ball bounce, sidearm two-handed strike, forehand strike, punt
- Physical Fitness – dodge, run, vertical jump, leap
- Sport Education – overhand throw, kick, catch, ball bounce, sidearm two-handed strike, forehand strike, punt, vertical jump, leap, catch
- Outdoor adventure – dodge, run, vertical jump, leap, catch

Each skill is broken down into its component parts at the relevant level and the children are given the opportunity to practise them in a variety of minor games as well as in drills in the areas already listed.

Children in Years 3 to 6 are expected to perform the same skills with more precision and accuracy whilst demonstrating correct technique.

At every level there is a strong fitness component, ranging from games and relays to specific fitness training for cross-country and athletics.

The concept of safety, whether it be safe and unsafe behaviour, rules and lesson procedures or appropriate places to play is an important feature of Physical Education. Sharing equipment, working with a partner or as part of a team helps to develop cooperation, patience, tolerance and respect as well as a sense of fair play.

Children in Prep participate in a Perceptual Motor Program (PMP) designed to enhance language through movement activities.

The Junior House Sports, held in December each year, is a highlight of the Prep to 2 program. It gives the children an opportunity to demonstrate the skills they have learnt, whilst having a lot of fun.

Swimming is conducted as a two-week (10 day) intensive program during Term 3.

Children in years 4 to 6 are eligible to represent Glendal in the District Swimming early in Term 1.

Years 3 to 6 regularly train for the House Cross-Country which is run over 2kms. for Year 3 and 3kms for Year 4, 5 and 6. Children at each level are chosen to represent Glendal at the district level, with an opportunity to progress to Zone or State level.

A similar process is followed for Athletics, with the House carnival being held late in Term 3 in preparation for the District competition. Every child in Years 4 to 6 is expected to participate in each event at the House Sports.

All Year 6 children and some Year 5 children compete in the Mulgrave District inter-school sport program during Terms 1 and 2.

- Summer Sports – cricket, softball, rounders, bat tennis, volleystars, bootball and Kanga cricket
- Winter Sports – football, soccer, teeball, netball, bootball, matball and Danish rounders.

Parents are invited to assist by coaching or umpiring various teams.

Year 5 has its own intra-school sport program based on those sports played at the inter-school level.

Guest athletes from a variety of sports visit Glendal to run special clinics for our children. These enable children to broaden their sporting experiences and enhance their own skill development.