

TERM 1

HPE snapshots

YEAR	PHYSICAL ACTIVITY	HEALTH
PREP	Unit 1: Let's get moving Students develop the fundamental movement skills of running, hopping, jumping and galloping through active participation in activities, games and movement challenges.	
1	Unit 2: I'm a 'balliever' Students develop locomotor and object control skills. Students experiment with using different equipment and parts of their body. They propose a range of alternatives and test their effectiveness when solving movement challenges.	Unit 2: Good choices, healthy me. Students examine health benefits of physical activity, nutritious dietary intake & maintaining good personal hygiene habits.
2	Unit 2: They keep me rolling Students demonstrate fundamental movement skills during activities using scooter boards.	Unit 2: Our Culture Students examine similarities and differences in individual and groups and ways to include others to make them feel that they belong.
3	Unit 4: Pump it! In this unit, students perform social dances individually and in groups	Unit 1: Good Friends Students investigate how emotional responses vary and understand how being a good friend helps them to interact positively with others in a variety of situations.
4	Unit 4: Let me entertain you Students practise and refine fundamental movement skills to perform the circus skills of balancing and juggling,	Unit 1: Making Healthy Choices Students explore the Australian Guide to Healthy Eating and the five food groups. They look at strategies to keep healthy and improve fitness.
5	Unit 1: Play2Rhythm Students develop specialised football skills, create and perform a sequence of these skills to music.	Unit 2 Healthy Habits Students explore the concepts of health and wellbeing and the importance of healthy habits as a preventative measure. They identify good habits and how they contribute to overall health and wellbeing.
6	Unit 2: Fitness fun Students develop specialised movement skills within different fitness contexts. They participate in physical activities designed to enhance fitness, and discuss the impact regular participation can have on health and wellbeing	Unit 1 Who Influences Me? Students explain the influence of people and places on identities. They explore how important people in their lives and the media can influence health behaviour. Students examine influences on health behaviour and construct a health message for their peers.