

# PHYSICAL EDUCATION PROGRAM

## Specialist Science Program

The Physical Education program at Swanbourne Primary is inclusive and holistic, and encourages students to engage, learn, have fun and develop their social and sporting skills. The activities are differentiated in order to educate and progress students at all levels of ability.

The program educates students in particular sports from Years 1-6 bi-annually. This approach allows students to expand, challenge and develop their locomotor, ball and striking skills, elaborate their ability to work as a team and as an individual in different ways, and experience sports with alternate skills and strategies that aren't associated within the norms of typical Western Australian sports. These lessons target specific curriculum focal points to allow a comprehensive and progressive development of skills.



## Teaching Approach

Physical Education lessons are conducted as follows:

### Cycle 1:

- Term 1
  - Tee-Ball (Years 1-2)
  - European Handball (Years 3-6)
- Term 2
  - Soccer (Years 1-6)
  - Australian Rules Football (Years 3-6)
- Term 3
  - Athletics (Years 1-6)
  - La Crosse (Years 3-6)
  - Curriculum Games (Years 1-2)
- Term 4
  - Netball (Years 1-6)
  - Basketball (Years 1-6)

### Cycle 2

- Term 1
  - Volleyball (Years 3-6)
  - Curriculum Games (Years 1-2)
- Term 2
  - Badminton (Years 5-6)
  - Touch Rugby (Years 3-4)
  - Curriculum Games (Years 1-2)
- Term 3
  - Athletics (Years 1-6)
  - Touch Rugby (Years 5-6)
  - Hockey (Years 1-4)
- Term 4
  - Cricket (Years 1-6)
  - Hockey (Years 5-6)

## Events and Activities

### **Sporting Carnivals**

In addition to the Physical Education program, Swanbourne Primary School conducts/participates in several inclusive competitive carnivals throughout the year. These carnivals have expanded to be more inclusive, challenging and exciting every year:

#### **Term 1**

- Swimming Faction Carnival
- Interschool Swimming Carnival



#### **Term 2**

- Cross Country Faction Carnival
- Interschool Cross Country Carnival
- Year 5-6 Winter Sport Friendly Interschool Competition
- Year 5-6 Winter Sport Lightning Carnival



## Events and Activities

#### **Term 3**

- State Cross Country
- Faction Athletics Carnival
- Interschool Athletics Carnival



#### **Term 4**

- Years 5-6 Boys Cricket MacGill Cup
- Years 5-6 Girls Australian Rules Football Fremantle Dockers Cup



## Events and Activities

### **Before School Programs**

To help support our students before school early morning training programs are provided for students to hone their skills, increase their fitness levels and encourage an active and healthy lifestyle.

#### **Term 1**

- Swimming Training at Claremont Pool
- Running Club

#### **Term 2**

- Cross Country Training
- Running Club

#### **Term 3**

- Athletics Training
- Running Club

#### **Term 4**

- Orienteering (Years 3-6)
- Running Club

### **In-term Swimming Lessons**

Students from Years 1-6 participate in swimming lessons as part of the Physical Education curriculum. Session times and dates vary from year to year, depending on the school's allocation. Lessons are in small groups to ensure children develop vital swimming and water safety skills. The Department of Education meets the cost of the lessons but parents and carers pay a fee to cover transport and entry costs into the swimming venue.