**STAGE 2 PHYSICAL EDUCATION PROGRAM 2011**

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| **Overview of Outcomes** | | | |
| V5  MOS2.4  ALS2.6  GSS2.8 | * Willingly participates in regular physical activity. * Displays a focus on quality of movement skills in a variety of familiar and new situations. * Discusses the relationship between regular physical activity and health. * Participates and uses equipment in a variety of games and modified sports. | | |
| **Outcomes** | **Day/Time** | **Activities** | **Register** |
| V5  MOS2.4  ALS2.6  GSS2.8 | Tuesdays  P5 | The following activities are decided upon on the day due to weather conditions, school events and any other special circumstances:   * **Skipping** * Skipping skills (double dutch, cross-over, etc) * Speed skipping * Endurance skipping * Partner skipping * Jump rope for heart activities * **Running** * Sprints * Shuttle relays * Circular relays * Long distance running * Touch Football * **Obstacle course** * Balance: walk on a narrow plank * Strength: chin ups * Swinging and sliding: on fixed equipment * Dribbling and throwing a basketball into a hoop * Jumping in a sack * Skipping * Running between activities * **Games** * Stuck in the mud * British bulldog * Corner spy * Tunnel ball * Tug O’ War * Golf Skills * **Athletics** * Long Jump * Discus * Shot put |  |
| V5  MOS2.4  ALS2.6  GSS2.8 | Fridays  P4 | **Weekly Sport**  Students in stages ES1, S1 and S2 complete combined sport in 2 ability groups. Each group has 2 activities per week.  i.e.  - Cricket  - T – Ball  - Volleyball  - Soccer  - Netball  - Rugby Union  - Touch Football  - Basketball  - Kickball  - Zulu  - Softball  - Hockey  - Skipping  - Handball  \* A further outline is located during the following pages. |  |
| **Assessment** | | | |
| Students are assessed on the program outcomes in regards to these components:   * Task completion * Skill application in static and game situations * Skill Technique * Participation   Teachers use the following assessment tools for assessment:   * Teacher observation * Anecdotal notes | | | |
| **Evaluation** | | | |
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