

Foundation

Physical Education (P.E.) is the process through which motor skills and fitness skills are taught in conjunction with the development of the child's personal and social skills. It promotes the development of understanding and, where relevant, skills in a range of areas, including: - Fundamental movement patterns and coordinated body actions - The concept of fitness - Physical activity - Growth and development - Effective relationships - Identity - Safety, challenge and risk.

At Wattle Park P.S. all children from Foundation participate in a weekly Physical Education class. As the program is based around physical activity it is highly recommended that the children wear runners to school on their P.E. day. All students should bring a drink bottle filled with water to ensure that they remain hydrated.

During terms 1 and 4 students also need to have a broad brimmed or bucket hat and it is advised that they have a small tube of their own personal sunscreen to apply.

The aquatics component of the program is run in term 4 for the entire school. It is held at the P.L.C. pool by qualified staff and all children are expected to attend. You will receive more details of the swimming program later in the year.

Years 1 & 2

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At Wattle Park P.S, all children from Grades One to Two participate in a weekly Physical Education class. At this level, students demonstrate fundamental movement skills in different movement situations and test alternatives to solve movement challenges. They perform movement that incorporates the elements of movement such as balance and co-ordination.

As the program is based around physical activity it is highly recommended that the children wear runners to school on their P.E. day. All students should bring a drink bottle filled with water to ensure that they remain hydrated.

During terms one and four students also need to have a broad brimmed or bucket hat and it is advised that they have a small tube of their own personal sunscreen to apply.

The aquatics component of the program is run late in term 4 for the entire school. It is held at the P.L.C. pool by qualified staff and all children are expected to attend. You will receive more details of the swimming program later in the year.



Year 3 & 4

Physical Education (P.E.) is the process through which motor skills and fitness skills are taught in conjunction with the development of the child's personal and social skills. It promotes the development of understanding and, where relevant, skills in a range of areas, including: - Fundamental movement patterns and coordinated body actions - The concept of fitness - Physical activity - Growth and development - Effective relationships - Identity - Safety, challenge and risk - Food and nutrition – Health.

At Wattle Park P.S, all children from Years Three to Four participate in a weekly Physical Education class. At this level, students refine movement skills and apply movement concepts and strategies in different physical activities. Students also apply more strategies for working cooperatively and apply rules fairly.

As the program is based around physical activity it is highly recommended that the children wear runners to school on their P.E. day. All students should bring a drink bottle filled with water to ensure that they remain hydrated. During terms one and four students also need to have a broad brimmed or bucket hat and it is advised that they have a small tube of their own personal sunscreen to apply.

The aquatics component of the program is run late in term 4 for the entire school. It is held at the P.L.C. pool by qualified staff and all children are expected to attend. You will receive more details of the swimming program later in the year.



Year 5 & 6

Physical Education (P.E.) is the process through which motor skills and fitness skills are taught in conjunction with the development of the child's personal and social skills. It promotes the development of understanding and, where relevant, skills in a range of areas, including: - Fundamental movement patterns and coordinated body actions - The concept of fitness - Physical activity - Growth and development - Effective relationships - Identity - Safety, challenge and risk - Food and nutrition – Health.

At Wattle Park P.S, all children from Grades Five to Six participate in a weekly Physical Education class. At this level, they perform specialised movement skills and combine movement concepts and strategies to achieve movement outcomes. Students take more control of their own learning through a sport education program (SEPEP) and understand the roles and responsibilities of all people involved in sport.

As the program is based around physical activity it is highly recommended that the children wear runners to school on their P.E. day. All students should bring a drink bottle filled with water to ensure that they remain hydrated.

During terms one and four students also need to have a broad brimmed or bucket hat and it is advised that they have a small tube of their own personal sunscreen to apply.

The aquatics component of the program is run late in term 4 for the entire school. It is held at the P.L.C. pool by qualified staff and all children are expected to attend. You will receive more details of the swimming program later in the year.

Teacher: Nicholas Lindsay