

# Level Four plan — Victorian Curriculum: Physical Education



Implementation year: 2017

School name: Kyabram P-12 College

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<b>Identify Curriculum</b>	<b>Phase curriculum focus and Year level description</b>	The curriculum in Levels 3 and 4 builds on previous learning in movement to help students develop greater proficiency across the range of fundamental movement skills in a range of settings, including indoor, outdoor and aquatic. Students combine movements to create more complicated movement patterns and sequences. Through participation in a variety of physical activities, students further develop their knowledge about movement and how the body moves. They do this as they explore the features of activities that meet their needs and interests and learn about the benefits of regular physical activity. The Levels 3 and 4 curriculum also provides opportunities for students to develop through movement personal and social skills such as leadership, communication, collaboration, problem-solving, persistence and decision making.			
	<b>Achievement standard</b>	By the end of Level 4, students recognise strategies for managing change. They examine influences that strengthen identities. They investigate how emotional responses vary and understand how to interact positively with others in different situations including in physical activities. Students interpret health messages and discuss the influences on healthy and safe choices. They understand the benefits of being fit and physically active. They describe the connections they have to their community and how these can promote health and wellbeing. Students apply strategies for working cooperatively and apply rules fairly. They select and demonstrate strategies that help them stay safe, healthy and active at home, at school and in the community. They refine fundamental movement skills and apply movement concepts and strategies in different physical activities and to solve movement challenges. They create and perform movement sequences using fundamental movement skills and the elements of movement.  Source: Victorian Curriculum   14 September 2015 <a href="http://victoriancurriculum.vcaa.vic.edu.au/Copyright">http://victoriancurriculum.vcaa.vic.edu.au/Copyright</a>			
	<b>Course Outline</b>	Students study one hour of Physical Education per week in Years Three and Four.			
<b>Teaching and learning</b>	<b>Unit Overview</b>	<b>Term 1</b>	<b>Term 2</b>	<b>Term 3</b>	<b>Term 4</b>
		<b>FITNESS, FMS and MINOR GAMES – INVASION focus</b> <b>2017 Week: 1-7</b> Locomotor and non-locomotor skills: Rolling, balancing, sliding, jogging, running, leaping, jumping, hopping, dodging, galloping, skipping, floating and moving body through water to safety Object control skills: Bouncing, throwing, catching, kicking, striking  Practise and refine fundamental movement skills in different movement situations in indoor, outdoor and aquatic settings (VCHPEM097)  <b>FMS AP</b>  <b>INDIVIDUAL - GYMNASTICS</b> <b>2017 Week: 8 &amp; 9</b> <b>RE</b>	<b>INVASION GAMES</b> <b>2017 Week 1-5</b> Alien invasion basketball/netball  Practise and apply movement concepts and strategies (VCHPEM099) <b>AP GS</b>  <b>ATHLETICS and FITNESS</b> <b>2017 W 6 - 10</b>	<b>ATHLETICS</b> <b>2017 Week 1-6 (Plan 5 weeks as camps interrupt)</b>  Apply innovative and creative thinking in solving movement challenges (VCHPEM103)  <b>NET / WALL</b> <b>2017 Week 7 – 10</b> <b>Tennis</b> <b>GS FMS</b>	<b>STRIKING AND FIELDING SPORTS</b> <b>2017 W 1-4</b>  Adopt inclusive practices when participating in physical activities (VCHPEM102)  <b>GS</b> <b>Cricket (just to refresh T20 Rules)</b> <b>Tee Ball</b>  <b>Week 5 - testing</b>  <b>INVASION – soccer</b> <b>Week 6 – 10 (only plan 4 lots of interruptions)</b> <b>AP GS FMS</b>
		<b>FITNESS, FMS and MINOR GAMES</b>  Perform movement sequences which link fundamental movement skills (VCHPEM098)  <b>FMS GS</b>  <b>GYMNASTICS</b> <b>Week: Last 2 weeks of term</b>  Combine the elements of effort, space, time, objects and people when performing movement sequences (VCHPEM101) <b>RE</b>	<b>LIFESTYLE SPORTS / BOOTCAMP / TARGET</b> - Bocce - Walking - Circuit - Bootcamp <b>2018 Week 1-5</b>  Examine the benefits of physical activity and physical fitness to health and wellbeing (VCHPEM100) <b>LLPA CA</b>  <b>INDIVIDUAL - ATHLETICS</b>	<b>ATHLETICS</b>  <b>NET / WALL</b> <b>Tennis (Refresh for teams tennis)</b> <b>Volleyball</b> <b>GS</b>	<b>STRIKING AND FIELDING SPORTS</b> <b>Cricket</b>  Apply basic rules and scoring systems, and demonstrate fair play when participating (VCHPEM104)  <b>GS</b>  <b>INVASION – football</b> <b>AP GS FMS</b>

Develop assessment	Assessment		Unit 1		Unit 2		Unit 3		Unit 4	
	Week	Assessment	Week	Assessment	Week	Assessment	Week	Assessment	Week	Assessment
		FMS Pre test	Odd	Multiple choice quiz on lifestyle		Athletic records in mark book		FMS post test		
		Beep test	Even	Multiple choice Quiz on invasion games		Beep test				
	Checklists		Checklists		Checklists		Checklists			

Year Four Physical Education: review for balance and coverage of content descriptions.

Movement and Physical Activity					
	1	2	3	4	O
Practise and refine fundamental movement skills in different movement situations in indoor, outdoor and aquatic settings (VCHPEM097)	*				
Perform movement sequences which link fundamental movement skills (VCHPEM098)	*				
Practise and apply movement concepts and strategies (VCHPEM099)		*			
Examine the benefits of physical activity and physical fitness to health and wellbeing (VCHPEM100)		*			

Movement and Physical Activity					
	1	2	3	4	O
Combine the elements of effort, space, time, objects and people when performing movement sequences (VCHPEM101)	*				
Adopt inclusive practices when participating in physical activities (VCHPEM102)				*	
Apply innovative and creative thinking in solving movement challenges (VCHPEM103)			*		
Apply basic rules and scoring systems, and demonstrate fair play when participating (VCHPEM104)				*	