

WARKWORTH SCHOOL PHYSICAL EDUCATION OVERVIEW 2020 - 2022

	TERM ONE	TERM TWO	TERM THREE	TERM FOUR
TOPIC:	<ul style="list-style-type: none"> ● AQUATICS (SWIMMING) ● STRIKING & FIELDING 	<ul style="list-style-type: none"> ● INVASION GAMES 	<ul style="list-style-type: none"> ● TARGET GAMES ● RUN, JUMP & THROW 	<ul style="list-style-type: none"> ● STRIKING & FIELDING ● AQUATICS (SWIMMING)
BIG IDEA	<ul style="list-style-type: none"> ● To score more points/runs than the opposition. 	<ul style="list-style-type: none"> ● Attacking & defending space to gain an advantage. 	<ul style="list-style-type: none"> ● Throwing/kicking/hitting target for accuracy, hand eye coordination 	<ul style="list-style-type: none"> ● To score more points/runs than the opposition.
RESOURCES	<ul style="list-style-type: none"> ● Swimming lesson plans https://www.swimming.org.nz/article.php?group_id=8635 	<ul style="list-style-type: none"> ● Game sense cards 	<ul style="list-style-type: none"> ● Game sense cards 	<ul style="list-style-type: none"> ● Game sense cards
SKILLS	<ul style="list-style-type: none"> ● Swimming- Floating, basic strokes, confidence in the water, breath control, kicking action. ● Hit a ball with accuracy. ● Bowling and pitching. ● Gross locomotor skills- Run, jump and change directions ● Communicate between fielders to stop runs being scored. ● Play attacking shots to allow runs to be scored. ● Hand-eye coordination ● Stopping a ball along the ground or in the air (catching) 	<ul style="list-style-type: none"> ● Move around obstacles in space. ● Work as a team to cover space to avoid opposition scoring points. ● Determine who to cover space to defend and attack. ● Gross locomotor skills- Run, jump and change directions ● Disposing of the ball using hands, feet or other object. ● Hand-eye coordination. ● Receiving a ball (catching and trapping). ● Challenge another player for possession (tackling and grabbing); 	<ul style="list-style-type: none"> ● Accurately aim a ball at a target (bullseye) ● Explore the different distances of targets (throw short & long) ● Practise shot placements ● Work together as a team for a common target. ● Deny opponents access to a target. ● Increase fitness to run a further distance. ● Work as a pair to play against opponents. ● Gross locomotor skills- Run, jump and change directions 	<ul style="list-style-type: none"> ● Swimming- Floating, basic strokes, confidence in the water, breath control, kicking action. ● Hit a ball with accuracy. ● Bowling and pitching. ● Gross locomotor skills- Run, jump and change directions ● Communicate between fielders to stop runs being scored. ● Play attacking shots to allow runs to be scored. ● Hand-eye coordination ● Stopping a ball along the ground or in the air (catching)
SPORTS CODES	Summer Codes <ul style="list-style-type: none"> ● Swimming ● Cricket ● Tennis ● Ultimate Frisbee ● Softball ● Badminton 	Winter Codes <ul style="list-style-type: none"> ● Rugby ● Hockey ● Soccer ● Netball ● Rippa Rugby ● Touch 	Winter/Summer Codes <ul style="list-style-type: none"> ● Cross Country ● Athletics ● Volleyball ● Soccer & Hockey (Goals) ● 4 Square ● Croquet 	Summer Codes <ul style="list-style-type: none"> ● Athletics ● Cricket ● Tennis ● Badminton ● Longball ● Rounders
PHYSICAL ACTIVITY	<ul style="list-style-type: none"> ● Swimming miles ● Skipping ● Relays ● Circuits ● Jump Jam 	<ul style="list-style-type: none"> ● Skipping ● Relays ● Circuits ● Running ● Jump Jam 	<ul style="list-style-type: none"> ● Skipping ● Relays ● Circuits ● Running ● Jump Jam 	<ul style="list-style-type: none"> ● Swimming miles ● Skipping ● Relays ● Circuits ● Jump Jam

WARKWORTH SCHOOL HEALTH OVERVIEW 2020 - 2022

ODD YEARS

Term 1	Term 2	Term 3	Term 4
Mental Health <i>Friendship</i>	Food and Nutrition <i>Food for different reasons</i>	Body Care and Physical Safety <i>Safety</i>	Sexuality <i>Body & hygiene</i>
Level 1: Making friends	Level 1: Seed to market	Level 1: Home - fire safety	Level 1: Basic hygiene
Level 2: Enhancing friendships	Level 2: Food in cultures	Level 2: Community - road safety; bike safety	Level 2: Hygiene (looking after your body)
Level 3: Anti bullying	Level 3: Food for a purpose	Level 3: World – internet safety	Level 3: Hygiene; Puberty Education

EVEN YEARS

Term 1	Term 2	Term 3	Term 4
Mental Health <i>Wellbeing</i>	Food and Nutrition <i>Healthy Eating</i>	Body Care and Physical Safety <i>Safety</i>	Sexuality <i>Body & hygiene</i>
Level 1: Keeping well	Level 1: Basic food groups	Level 1: Home	Level 1: The body (basic)
Level 2: Developing resilience	Level 2: Food groups and choices	Level 2: Community KOS	Level 2: The body
Level 3: Resilience and conflict resolution	Level 3: Applying food and nutrition to everyday lives (Food for Thought)	Level 3: World KOS	Level 3: The Body; Puberty Education