

Loreto Nedlands

Physical Education Program



*“Challenge
by
Choice”*

2007

Physical Education Philosophy

In the Physical Education learning area, students apply understandings that enable them to make informed decisions about health and physical activity. The Curriculum Council (1998) states, “Health and Physical Education provides students with an understanding of health issues and the skills needed for confident participation in sport and recreational activities”.

Aim

The Health and Physical Education learning area focuses on a holistic concept of health. Students will plan, act and reflect in order to develop essential knowledge and understandings, attitudes, values and skills, which encourage participation in physical activity. (Curriculum Framework, pg 114, 1998).

The Physical Education learning area is being implemented with a view to developing student skills in Fundamental Movements. With a view to the use of the four F’s (Fun, Fitness, Friendship and Fundamentals), the intentions of these programs are to stimulate students to participate in a rewarding unit of work.

The program aims to deliver the improvement of self-concepts, sportsmanship, fitness, social interaction and the acquisition of fundamental movement skills.

Rationale

The Physical Education Program seeks to provide students with an understanding that the skills they learn are part of their development as a person. These skills are important in the real world-sporting context, and development in this area is on-going. The development of these skills is an integral element to their growth. Through Physical Education the students will be offered the chance to acquire basic fundamentals through conceptual learning.

Goal setting is an important component of the Loreto Physical Education Programme. Goal setting is used as a means to allow students to obtain reachable targets within safe environments. This will allow students to demonstrate an extension of their abilities within the Physical Education domain.

Physical Education Programme

Students participate in 120 minutes of physical activity per week.

Timetable

- Kindy 30 minutes per week
- Year PP – 3 3 x 30 minute sessions per week
- Year 4-7 2 x 45 minute sessions per week
- Fitness 3 x 15 minute sessions per week

Early Childhood

Years K-2

The Early Childhood programme focuses on developing the child, rather than developing the skill. With confidence and experience, children will develop the skills necessary to successfully integrate into game play in the later years.

The emphasis in Early Childhood is on the following skills:

The student...

- Demonstrates fundamental movement skills of body movement and locomotion
- Explores movement in structured and creative play
- Follows directions and responds physically to stimuli (sound, language, visual).
- Imitates, creates and experiments with simple movements, using their own bodies, in space and with objects and/or equipment.
- Plays different roles in simple structured or creative games and activities.

Examples of these include, but are not limited to:

- Demonstrates body awareness (making shapes using body)
- Demonstrates spatial awareness (up/down – under/over – avoiding others)
- Demonstrates locomotion (running, hopping, jumping, skipping)
- Demonstrates object control (rolling, stopping and throwing a ball)

Year 2 students move between demonstrating skills within this area and the Middle Primary Learning Outcomes.

A major focus of the Early Childhood Programme is the Perceptual Motor Program. In tandem with the classroom teacher and parent helpers, the Physical Education Coordinator conducts PMP in the pavilion twice per week.

PMP – Perceptual Motor Programme

PMP is a programme which aims to develop the child's perceptions and understandings of him/herself and his/her world through Movement / Motor Experiences. It aims to develop perceptions of:

- Time and Space
- The pattern and order of the child's natural world
- The laws and limitations that govern the human body

Above all it aims to give the child confidence to manipulate both him/herself and his/her world to suit their own best interests.

PMP is seen as part of the programme of total experiences. It is not a Physical Education Programme alone or music or fitness or dance or gymnastics. It is a programme, which uses facets of all of the above in order to develop children's perceptions.

Middle Primary

Years 3-5

During the middle primary school years, Loreto Nedlands Physical Education programme aims to assist students to develop skills for physical activity in order to confidently participate in game play.

Skill development is highlighted in every curriculum programme, as shown below:

The student...

- Demonstrates a wide range of fine motor skills including object control skills
- Demonstrates an awareness of rules and others in simple games and physical activities
- Creates and links movement and skills in sequences and games, individually and with others.
- Uses object control skills (e.g.: balls, beanbags, hoops etc) and rules when interacting with others in play and structured play.
- Identifies and observes rules in simple games

The development of fundamental movement skills and an awareness of rules and others are at the core of Physical Education in these years. Through a variety of sports, students learn to participate in team situations, moving from simple game situations to modified games involving basic game strategies.

Examples of these include, but are not limited to:

The student...

- Follows and repeats a series of simple movements and skills (with self and others)
- Balances in a variety of shapes with equipment and others
- Catches and throws a small ball with a station partner using a variety of passes (or kick to a partner)

Year 4-5 students move between demonstrating skills within this area and the upper Primary Learning Outcomes.

Upper Primary

Years 6-7

During the upper primary years, students move from skill development to managing team games and applying tactics and strategies to game play. For example, the emphasis has switched from how well you shoot the ball to how well you can implement defensive strategies to stop the other team from shooting.

At Loreto Nedlands, the Curriculum emphasis is on using a range of strategies to suit the game or movement situation. Students move from applying movement and object control skills to modify game situations and other physical tasks they create simple team games and learn the art of umpiring, managing and coaching.

Interschool sport plays a significant part in the upper primary school. Through Loreto Nedlands membership in the JSHAA, students are afforded the opportunity to play in a variety of sports against other independent schools.

The emphasis in upper primary concentrates on the following:

The student...

- Demonstrates control in performing movement skills in a controlled environment
- Demonstrates basic strategies within rules in minor games and physical activities
- Performs movement skills with control in an open environment
- Demonstrates a range of strategies in modified games, sports and physical activities
- Applies movement and object control skills to modified game situations and other physical tasks.
- Applies strategies within rules when playing modified games.

Examples of these include, but are not limited to:

The student...

- Performs movement sequences that show variations in size, shape, direction, level and speed
- Demonstrates an understanding of offensive/defensive game positioning
- Combines skills such as running, jumping and throwing in modified games or sports. (receive stop and shoot in netball.)
- Uses spatial awareness to enhance team performance (eg positioning on field/court).
- Umpires and scorers for modified games applying rules.

Fitness at Loreto

The fitness program (45 minutes per week) provides students with a variety of activities they can participate in, in order to develop their overall fitness levels.

Sport Philosophy

Junior sport provides an important opportunity to nurture, educate and simply have fun with sport. With this in mind, sport at Loreto has been developed to educate students about the purpose of sport – to participate, do your best and have fun.

Loreto Nedlands is a member of the JSHAA and CRSSG memberships, which offers great opportunities for students to compete against larger independent schools and local primary schools associations in Interschool competitions. It is at these competitions that we strive for excellence, identify sportsmanship as a priority and have a focus on always doing our best, no matter the situation.

Sports within the 2007 Physical Education Programme

Sports that are utilised to develop student's skills within the Physical Education Program include, but are not limited to the following:

- AFL
- Athletics
- Golf
- Gymnastics
- Volleyball
- Netball
- Olympic Handball
- Cricket
- Soccer
- Touch Rugby
- Tennis / Mini Tennis
- T-Ball
- Basketball

Modifications are made to each sport to enable leveled learning for each year group.

Throughout the school year, Loreto Nedlands provides students with the opportunity to experience a variety of sports, which include incursions conduct by, or involving, experienced professionals. These include:

- **AFL**

Through the various programmes listed below, all children participate in AFL.

Fremantle Dockers

Each year the Fremantle Dockers provide a Community Development Program. In 2006, Loreto Nedlands began participating in this programme and we look forward to our continuing involvement. The program offers AFL clinics, AFL competitions and a special excursion to enjoy the hospitality at Fremantle Oval.

West Coast Eagles

Through the Eagles "Rock My School" programme, the West Coast Eagles visit with the messages of sportsmanship, healthy living, the cultural significance of football in our society and positive attitudes.

Recreational Football

A new AFL initiative, Recreational Football (Rec Footy) is set to play a huge part in the Loreto Nedlands AFL Curriculum. A non-contact version of the traditional AFL game, Rec Footy is played on a square field with 3 zones. The aim of the game has not changed, but the rules have been modified to suit.

The game has been created to involve everyone in our national game, to enhance skill development and participation.

- **Basketball**

The senior students are taught Basketball during the school year.

The senior students run the Alexander Guest Memorial Basketball Tournament during fourth term. The tournament is dedicated to Alexander Guest, a former student, who was tragically killed. He loved basketball, and as tribute to him Loreto Nedlands holds the tournament every year. A Wildcats player or official umpires the final.

- **Ed Gym**

Ed-Gym was run this year during first term. Ed-Gym creates experiences, which will attract children to physical exercise rather than have them choose sedentary play. The Ed-Gym equipment is designed with a complexity that stimulates interest and encourages participation by children of all abilities.

The 5-week program of gymnastics is for Years 2-7 and involves 5x 40-minute sessions. A short overview is below:

- 10 stations made up of 5 main and 5 auxilliary stations
- Each class is divided into 5 groups
- Designed to improve skills, but also maximise participation
- Incentives involved, participation certificates and assessment
- Increase strength, agility, aerial awareness and confidence

- **Go Go Golf**

Run by the Graham Marsh Junior Golf Foundation, Go Go Golf is a modified golf programme aimed to introduce the game of golf to primary school students during school terms.

The basic four-week Smarter than Smoking Go-Go Golf programme takes place at the school and introduces students to the basics of the game. The first three weeks involve the students hitting golf balls from bays set up to resemble a driving range. Skills learnt include grip, stance, alignment, posture, chipping and driving.

- **Orienteering**

At Loreto Nedlands the upper primary students participate in Orienteering to enhance their development of teamwork, leadership and outdoor skills.

- **Tennis**

The Tennis Factory (from the Nedlands Tennis Club) provides Loreto Nedlands with in-school tennis clinics during the school year. The expert knowledge passed on by their tennis professionals enables students to

enjoy the game of tennis, and the opportunity to join a before school tennis programme. During the course of the year, students will have the opportunity to play tennis within the PE curriculum.

- **Touch Rugby**

Loreto Nedlands offers students in upper primary the opportunity to play Touch Rugby utilizing the Touchwest Program. The Year 7 students participate in the JSHAA Touch Rugby Carnival.

Loreto Nedlands Carnivals and Interschool Programme

Term 1

- Loreto Senior House Swimming Carnival at Claremont Pools (Year 4-7)
- Loreto Junior Water Carnival at Nedlands PS Pool (Year 1-3)
- JSHAA Interschool Swimming Carnival at Newman College Pool (Year 4-7)
- CRSSG Interschool Swimming Carnival at Challenge Stadium Indoor Pool (Year 4-7)
- JSHAA Interschool Basketball Tournament at Willetton Basketball Stadium (Year 7)
- JSHAA Interschool Super 8's Cricket Carnival (Year 6-7)

Term 2

- JSHAA Winter Interschool Programme (Fortnightly) (Year 5-7)
Sports include AFL, Netball, Soccer and Hockey
- JSHAA Winter Interschool Carnival at John XXIII (Year 7)

Term 3

- Loreto Senior Cross Country Carnival at Sir Charles Court Reserve Nedlands (Year 3-7)
- JSHAA Interschool Co-Ed Cross Country Carnival at Millington Reserve (Year 3-7)
- JSHAA and PSA Interschool Cross Country
(Alternate between Guildford and Perry Lakes) (Year 3-7)
- Loreto House Athletics Carnival at Melvista Oval (PP-7)
- JSHAA Interschool Athletics Carnival at John XXIII (Year 4-7)

Term 4

- JSHAA Interschool Touch Rugby Carnival (Year 7)
- Alexander Guest Basketball Tournament (Year 4-7)
- Kindy Tabloid Sports Day in Barry Park
- Swimming Lessons Year 1-7 at Claremont Pool and Cottesloe Beach

Interschool Sport

Interschool sport is held every term, with students from years 4-7 gaining the most opportunities to participate. The students compete against a number of private schools within our JSHAA membership.

Interschool Training

When students have been selected for an interschool squad, it is compulsory for those students to attend training sessions. This enables the students to participate within a team environment, getting to know their peers and enjoying all the aspects of team training.

Schedule for training

Swimming, Cross Country and Athletics squad members will be expected to train twice per week on a Tuesday and Thursday. Parents and friends of Loreto assist with the role of the coach in conjunction with the physical education co-ordinator.

After School Sports

Loreto coordinates a variety of sports that are played on the weekend. These sports are coached and managed by parents and friends of Loreto. The Sports Coordinator coordinates the administration and registration. These sports include:

- Netball Year 3-7
- Minkey PP – 4
- Basketball Year 4-7

Memberships

Loreto Nedlands Primary School, through its school memberships, is affiliated with many schools throughout the metropolitan and regional areas of Western Australia.

JSHAA

PHILOSOPHY

The focus of interschool coeducational events is on participation. There are no finals or individual champion points kept. It is about giving children the opportunity to display skills learnt, promoting fun and enjoyment, encouraging everyone to participate, and highlighting the importance of fair play.

CRSSG

The Claremont Region of School Sports Groups (CRSSG) has had a long association with Loreto Nedlands. We currently participate in CRSSG Interschool Swimming Carnival at Challenge Stadium.

The CRSSG is made up of CRSSG schools within the Claremont region. The interschool carnivals are competitive, with Champion School shields and Spirit shield for the school demonstrating the best sportsmanship awarded at each carnival.

Loreto Nedlands will host the CRSSG swimming carnival in 2008 at Challenge Stadium after winning the event in 2007.