

# Swimming

At the start of term 4, students in Years 4-6 will take part in 6 (45 min) swimming lessons. The approximate cost for this program will be \$50 which includes transport. Details about the program will be sent home in term 3.

# Inter-school Sport

Inter-school Sport takes place once a term and is for students in Years 4, 5 and 6. The sports played include touch football, athletics, AFL and beach activities. The carnivals are held at different locations around the Gold Coast district. The approximate cost for this is \$40.

# Extra Curricular Activities

Students in Years 4, 5 and 6 have an opportunity to try out for the school volleyball teams. The students who are selected then participate in one day tournament which is held in Brisbane in late August.

Students in Year 5 and 6 who are performing at a high level in a particular sport have the opportunity to represent the school at a district level. Interested students are to see Mr Hall for additional information.



# Bellevue Park PE Program

## Years 4-6



## GENERAL INFORMATION

All students at Bellevue Park State School receive either 1 or 2 specialist PE lessons a week.

### UNIFORM

Please find out from your child/children to which day they have Physical Education. On that particular day please ensure that the students have their hats. Sports uniform is also recommended.

### SCHOOL CARNIVALS

Students in Years 4-6 will take part in 3 carnivals: Cross Country, Senior Sports Day and the Swimming Carnival.

Cross Country takes place at the end of term 1 in which students participate in an age appropriate running race around the ovals.

Senior Sports Day takes place in the middle of term 3. Activities on the day include long jump, high jump, sprints and novelty relays.

The Swimming Carnival takes place at the end of term 4. Students nominate to swim in a number of events.

## Year 4

Term 1: The focus is to develop students' performance in health-related activities and volleyball. Students demonstrate their learning by showing endurance, coordination and strength and using the skills of serving and digging. Term 2: The focus is to develop students' ability to participate in t-ball. Students demonstrate their learning by using the skills of batting and fielding.

Term 3: The focus is to develop students' performance in touch football and netball. Students demonstrate their learning by using the skills of attacking, defending, passing and shooting. Term 4: The focus is to develop students' ability to swim. Students demonstrate their learning by performing freestyle, backstroke and breaststroke.

## Year 5

Term 1: The focus is to develop students' performance in health-related activities and volleyball. Students demonstrate their learning by showing endurance, coordination and strength and using the skills of serving, setting and digging. Term 2: The focus is to develop students' ability to participate in t-ball. Students demonstrate their learning by using the skills of batting, catching and throwing.

Term 3: The focus is to develop students' performance in touch football and basketball. Students demonstrate their learning by using the skills of attacking, defending, passing, dribbling and shooting. Term 4: The focus is to develop students' ability to swim. Students demonstrate their learning by performing freestyle, backstroke and breaststroke.

## Year 6

Term 1: The focus is to develop students' performance in health-related activities and volleyball. Students demonstrate their learning by showing endurance, coordination and strength and using the skills of serving, setting and digging. Term 2: The focus is to develop students' ability to participate in lacrosse. Students demonstrate their learning by using the skills of scooping, cradling, catching and throwing.

Term 3: The focus is to develop students' performance in touch football and basketball. Students demonstrate their learning by using the skills of attacking, defending, passing, dribbling and shooting. Term 4: The focus is to develop students' ability to swim. Students demonstrate their learning by performing freestyle, backstroke, breaststroke and survival skills, including diving, tows and treading water.