**Physical Education**

At St Joseph’s, our Physical Education programme is based on the National Curriculum. The activities for the students are aligned to year level. Our primary objectives are:

* to develop in children a love of physical activity and play.
* to instil a need for physical fitness.
* children to develop as wide a skill, games and dance experience as possible.
* opportunities for children to belong to a group in which each child is accepted.
* to develop a sense of fair play and cooperation in children and the ability to work in groups.

Being a smaller school provides greater opportunities for students to develop their personal and social skills such as leadership, communication, collaboration, problem-solving, and decision-making.

**Kindy and Pre-Primary**

Provides opportunities for students to learn through movement. Our activities enable students to develop and practise fundamental movement skills through active play and structured movement activities. Some of the activities are based on a programme called ‘Animal Fun’, where child develop their motor skills in an exploratory and non-competitive situation. This improves competence and confidence in their movement abilities. We provide opportunities for students to learn about movement as they participate in physical activity in a range of different settings.

**Years 1 and 2**

We build on the opportunities for students to learn through movement, by providing students with a broader range and complexity of fundamental movement skills. Students learn how to select, transfer and apply simple movement skills and sequences individually, in groups and in teams. Students also further develop their knowledge, understanding and skills in relation to movement by exploring simple rule systems and safe use of equipment in a variety of physical activities and games.

**Years 3 and 4**

Years 3 and 4 builds on previous learning in movement to help students develop greater proficiency across the range of fundamental movement skills. Students will 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. Students will be doing this through a range of different activities. Being a smaller school provides greater opportunities for students to develop their personal and social skills such as leadership, communication, collaboration, problem-solving, and decision-making.

**Year 5 and 6**

Students are provided with opportunities to contribute to building a positive school environment. Students continue to refine and develop a wide range of fundamental movement skills in more complex movement patterns and situations. Students are provided with situation to apply their understanding of movement strategies and concepts when composing and creating movement sequences and participating in games and sport. Students in Years 5 and 6 will further develop their understanding about movement as they learn to monitor how their body responds to different types of physical activity. Students will continue to learn to apply rules fairly and behave ethically when participating in different physical activities. Students also learn to effectively communicate and problem-solve in teams or groups in movement settings.