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<th>Weeks</th>
<th>Prep</th>
<th>Year One</th>
<th>Year Two</th>
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Goals of Term One program – develop positive attitude to PE, have a strong expectation of rules and responsibilities in PE and develop spatial awareness.

QLD HPE Curriculum Physical activity
Essential Learning’s by the end of Year 3
Fundamental movement skills are foundations of physical activity.

- **Development of body and spatial awareness** improves movement and confidence in a variety of physical activities
  
  E.g. using simple movements to “make a triangle” or “crouch low and then spin to the sky” involves knowing how, where and at what level and which body parts to move.

- **Development of locomotor and non-locomotor movements and manipulative skills** can improve the quality of physical performance and support participation in physical activities e.g. experiencing movement and manipulative skills such as twisting and turning, throwing a bean bag up and catching it, kicking a ball at a target or striking a balloon to keep it afloat, enables movement from place to place, and makes activity fun.

- **Regular participation in physical activity develops movement capacity and promotes health and wellbeing** e.g. playing games every day helps develop movement skills for an active life, have fun with peers and develop confidence.

### Goals of PE throughout the year

- **Core strength – endurance**
- Positive attitude to PE - Fun
- Spatial awareness
- Gross motor development
- Fine motor development
- Team building
- Persistence
- Resilience
- Concentration
- Hand/Eye coordination

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<tr>
<th>Yearly Overview 2014</th>
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</table>
|                     | Development of:  
|                     | Rules and expectations  
| **Spatial awareness** | Positive attitude  
|                     | Resilience  
|                     | Gross motor  
| Through **basic games** | Prepare year 4 for Cross Country  
|                     | Development of:  
|                     | Core strength  
|                     | Gross motor  
|                     | Fine Motor  
| Through preparation activities for **Sports Carnival**  
|                     | Development of:  
|                     | Team building  
|                     | Persistence  
|                     | Concentration  
|                     | Fun  
|                     | Gross Motor  
|                     | Fine Motor  
| Through **Team Building games**  
|                     | Development of:  
|                     | Core strength  
|                     | Gross Motor  
|                     | Concentration  
| Through **Focusing Activities** |