## PE Term 1 Overview

<table>
<thead>
<tr>
<th>Weeks</th>
<th>Activities</th>
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| 1 - 5 | **Prep, Year 1, Year 2**  
• Station activities focusing on static and dynamic balancing, jumping, running and walking.  
• Tag variations  
• Hand–Eye coordination using bean bags, balls (balancing and bouncing).  
**Year 3**  
• Tag Variations  
• Tee Ball  
**Years 4, 5, 6, 7**  
• Modified team based games such as Capture the Flag and Ultimate Frisbee. |
| 6 - 10 | **Prep, Year 1, Year 2**  
• Relays/obstacle course using various equipment to extend locomotor skills  
• Continue to use balls, paddles and bean bags to improve hand–eye coordination.  
**Year 3**  
• Tee Ball  
• Soccer  
**Years 4, 5, 6, 7**  
• Modified Games – Kickball, Bin Ball  
• Cross Country  
• Students in years 6 and 7 to keep a log of results to see improvements. |