

## Little River School Health and Physical Education Overview.

Reviewed April 30 2018

	<b>Term 1</b>	<b>Term 2</b>	<b>Term 3</b>	<b>Term 4</b>
<b>PE</b>	<p>Run, Bike, Swim. (LRS Tri)</p> <p>Aquatic Skills – Strokes and safety. (see SwimSafe resource)</p> <p>Small Ball/Striking- cricket, softball, rounders, tennis.</p> <p>Daily Fitness</p>	<p>Cross Country Running.</p> <p>Y7/8 Football</p> <p>Gymnastics</p> <p>Daily Fitness</p> <p>Pause-Breathe-Smile (mindfulness-Yr1-3, 5-6)</p> <p>Juniors- PMP</p>	<p>Large Balls- skills and games (netball, rugby), football.</p> <p>Jump Rope / Jump Jam- alternate years.</p> <p>Te Reo Kori</p> <p>Daily Fitness</p> <p>Juniors- PMP</p>	<p>Athletics- run, jump, throw.</p> <p>Small Ball/Striking skills and games (cricket, softball)</p> <p>Y7/8 Biking</p> <p>Daily Fitness</p> <p>Aquatic Skills – water confidence ( SwimSafe resource)</p>
<b>Health</b>	<p>Life Education Visit, Teacher choice. (<i>Food &amp; Nutrition, identity and resilience, relationships and communities, human biology, substances</i>)</p> <p>Class Treaty/Respect Values A “Me” Topic</p> <p>Y5/6 Camp-(scheduled to suit during the year)</p>	<p>Y7/8 Changes at Puberty (Alternate years)</p> <p>Hygiene-self management of colds, coughs and hand washing.</p>	<p>Kia Kaha / KOS (Alternate years-even yr=KOS)</p> <p>Y7/8 Kia Kaha / DARE (Alternate years-even yrs=DARE)</p>	<p>Y7/8 Camp- Safety Management, attitude to challenge</p> <p>Y7/8 Athletics Coaching of Y1/2</p>
<b>Peninsula, Zone and Canterbury Sports</b>	<p>Banks Peninsula, Lincoln Zone + Canterbury <b>Swim Sports, Huxster MTB Relay,</b> Canterbury <b>Duathlon</b> (Y5-6) Y4-6 <b>Duathlon</b> (BP)</p>	<p>Banks Peninsula, Lincoln Zone and Canterbury <b>Cross Country.</b> Lincoln Zone: Basketball Y5-8, <b>Football</b> (Y8)</p>	<p>Banks Peninsula and Lincoln Zone Winter Tournament (<b>Netball, Rugby (Football</b> at BP)</p>	<p>Banks Peninsula, Lincoln Zone and Canterbury <b>Athletics.</b> <b>Cricket</b> Lincoln Zone Y8 <b>Softball, Cauty Zone Tri</b></p>