

Little River School Health and Physical Education Overview.

Reviewed August 2019

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