

## HEALTH & PHYSICAL EDUCATION

### Plan for Regular Physical Activity at HNS

<b>KEY COMPETENCIES AND VALUES EMBEDDED</b>	<p><b>Level 1</b></p> <ul style="list-style-type: none"> <li>● Participate in creative and regular physical activities and identify enjoyable experiences</li> <li>● Develop a wide range of movement skills using a variety of equipment and play environments</li> <li>● Participate in a range of games and activities and identify the factors that make participation safe and enjoyable</li> </ul>	<p><b>Level 2</b></p> <ul style="list-style-type: none"> <li>● Experience creative, regular and enjoyable physical activities and describe the benefits to well-being</li> <li>● Practice movement skills and demonstrate the ability to link them in order to perform movement sequences</li> <li>● Use modified equipment in a range of contexts and identify how this enhances movement experiences</li> </ul>	<p><b>Level 3</b></p> <ul style="list-style-type: none"> <li>● Maintain regular participation in enjoyable physical activities in a range of environments and describe how these assist in the promotion of well-being</li> <li>● Develop more complex movement sequences and strategies in a range of situations</li> <li>● Participate in and describe how their body responds to regular and vigorous physical activity in a range of environments</li> </ul>
	<p><b>AQUATICS : 6 Weeks Term 1 / 3 Weeks Term 4</b>                  SwimSafe Levels 1, 2 &amp; 3                  Water Safety, Water Confidence, Swimming Strokes                  Deep Water Experience (Yr 5 &amp; 6)                  Class Swimming Demonstrations, Team Swimming Sports, Inter-School Swimming Sports</p>		
	<p><b>FUNDAMENTAL SKILLS : SEASONAL APPROACH</b>  <u>Manipulative Skills, Movement Skills &amp; Athletics</u>                  Throwing &amp; Catching Small Balls, Bat &amp; Ball, Throwing &amp; Receiving Large Balls, Kicking &amp; Receiving Large Balls, Skipping, Dance &amp; Gymnastics                  Junior Fun Run &amp; Middle/Senior Cross Country Training [1000 metre fitness challenge]                  Athletics – Athletics are Running, Batten Changes, Long Jump, High Jump, Discus, Shotput                  Triathlon, Duathlon, Ultrathon</p>		
	<p><b>DAILY HUFF &amp; PUFF</b>                  Project Energise</p>		
	<p><b>DEVELOP AND APPLY MOVEMENT SKILLS THROUGH APPROPRIATE SPORTS CONTEXTS AND THE ACTIVE GAMES STRATEGIES</b>                  Seasonal programme incorporates some of: Cricket, Basketball, Peg Ball, Scatterball, Softball, Volleyball &amp; Tennis                  Netball, Rugby, Soccer &amp; Hockey                  Adaptive Games : Frisbies, Quoits, Knucklebones, Vortex, Cushball, Elastics &amp; Gutterball</p>		
<p><b>INTER-SCHOOL OPPORTUNITIES, COMMUNITY LINKED OPPORTUNITIES, KELLY SPORTS OUT OF SCHOOL PROGRAMME &amp; LOCAL SPORTS CLUB LINKS</b></p>			