

Health and Physical Education Overview

2020

What Physical Education skills / topics are covered at East Taieri School?

- ★ Swimming / Water Safety
- ★ Adventure Based Learning / Risk Taking
- ★ Gymnastics - Spring, Flight and Landing, Balance and Rotation
- ★ Large / Small ball skills - passing, catching, throwing, striking, bouncing and shooting.
- ★ Winter Sports - Basketball, Hockey, Soccer, Netball, Rugby
- ★ Summer Sports - Touch, Cricket, T-Ball, Frisbee, Tennis, Futsal
- ★ Other Sport - Golf, Padder Tennis, Squash
- ★ Locomotor skills - running, skipping, hopping, jumping, side stepping, running backwards
- ★ Fundamental Skills
- ★ Cross Country
- ★ Orienteering
- ★ Athletics - Run, Jump, Throw
- ★ Skipping
- ★ Game Sense / Skill Sense
- ★ Overall General Cardiovascular Fitness and Strength
- ★ Warm ups, Cool downs and Stretching
- ★ PMP - Perceptual Motor Programme
- ★ Beach Ed
- ★ Rafting - River Safe Yr 6
- ★ Goal Setting
- ★ Teamwork, Co-operation, Good Sportsmanship and Fair Play

What other experiences are the children involved in?

- ★ Weekly Team Sport
- ★ “KidFit” - Whole School daily fitness programme
- ★ EOTC Days - Whole School Tirohanga Day, School tramps, School camps (Y4 Museum Sleepover, Y5 Tirohanga overnight, Y6 Camp Columba week)
- ★ Year 6 leadership day at Tirohanga
- ★ Year 5 / 6 Edgar Centre Sports Morning
- ★ Year 5 / 6 Netball Tournament
- ★ Year 5 / 6 Rugby League Tournament
- ★ Year 5 / 6 Golf Tournament
- ★ Junior Fundamental Skills session
- ★ PALS - Physical Activity Leaders - Year 6
- ★ Triathlon / Duathlon events
- ★ PE shed monitors - Yr 5 / 6
- ★ Sports Academy - Elite athletes at Yr 5 / 6
- ★ Elite Swimmers - Top swimmers extension programme
- ★ Taieri School Sports Association (TSSA) events - Swimming, Duathlon, Orienteering, Cross Country, Athletics - (Yr 4 - 6)

School Sports Teams involved in local competitions.

- ★ Miniball - Yr 1-6
- ★ Hockey - Yr 1-6
- ★ Netball - Yr 2-6
- ★ Flippa Ball - Yr 3-6
- ★ Tee Ball - Yr 1-6
- ★ Touch - Yr 1-6
- ★ Futsal - Yr 1-6

What Health Topics are covered at East Taieri School?

- ★ Keeping Ourselves Safe
- ★ Kia Kaha
- ★ DARE Yr 5 / 6 every 2 years
- ★ Positively Me
- ★ Puberty Education - Year 5 / 6 every 2 years
- ★ Fire Wise
- ★ Life Education Bus - Harold
- ★ Healthy Eating
- ★ Sports Nutrition and Hydration (Sports Academy)
- ★ Injury Prevention and Management (Sports Academy)