

Physical Education Unit

Jess and Olivia



Overview of the PE Unit This Year

This year, the PE unit was successfully delivered through a **collaborative model**, with **two staff members sharing responsibilities**. This approach allowed for increased flexibility, creativity, and student engagement across all levels.

1. Shared Leadership & Workload

- The PE program was jointly led by two educators who **shared the planning, delivery and workload**.
- Tasks were divided based on individual strengths, allowing each teacher to take the lead on specific activities or focus areas while supporting each other throughout the year.

2. Strong Collaboration & Communication

- Regular planning meetings ensured both staff members were aligned on goals, expectations, and what worked well/didn't work well in previous years.
- Decisions were made jointly, from unit planning to adapting sessions based on student needs or weather constraints.

3. Teamwork in Action

- Both educators were present during most whole school events, co-teaching or supporting with equipment setup, behaviour management, and differentiated instruction.
- This **team-teaching model** ensured more individualised attention for students and a wider variety of PE were able to be implemented.

4. Innovation & New Ideas

- There was a greater emphasis on variety, with lessons incorporating **cross-curricular links, new games, and student voice**.
- Reflective practice was a key feature, with both educators constantly reviewing and improving the unit together.

“

My favourite has been doing the fun run because I get to run with my classmates - Athena (Year 1)

Swimming

All year groups have been taking part in the swimming programme at **Te Pou Linwood Pool**, which focuses on building confidence and essential **water safety skills**. Learning to swim is an important part of the New Zealand Curriculum and helps ensure our students know how to stay safe in, on, and around the water.

Through a series of structured lessons, students are developing key skills such as floating, kicking, breathing techniques, and safe entry and exit from the pool. We have **liaised with trained instructors** to provide a supportive and engaging programme that meets the needs of all learners.



Duathlon

The **Duathlon** was another fantastic event that brought our school community together in a celebration of physical activity, teamwork, and determination. It was inspiring to see students of all abilities participate, demonstrating resilience and sportsmanship throughout the race.

Student Participation: Our students gave their best, taking on the challenge of both running and cycling with enthusiasm and energy. It was incredible to see how everyone pushed themselves, supporting each other along the way.

Teamwork & School Spirit: The event wasn't just about individual performance; it was a wonderful opportunity for students to come together, cheer each other on, and celebrate their collective efforts.

Inclusive Atmosphere: Whether racing for the finish line or participating for fun, everyone was encouraged to take part and enjoy the experience. It was a true reflection of our school's spirit of inclusivity and community.



Pedalmania

Variety of Bikes: Our students had an absolute blast trying out all the different types of bikes. There were bikes that could be ridden in pairs, trios, and even larger groups! Some bikes were pedal-powered with hands, while others allowed students to sit comfortably like in a chair—everyone found something exciting to try.

Hands-On Learning: It was a wonderful hands-on experience, where students not only had fun but also learned about different forms of cycling and how to balance, steer, and pedal in new ways.

Celebrating Walk or Wheel Week: This event was the perfect way to celebrate **Walk or Wheel Week**, promoting active transportation and the importance of getting outside and moving.



Fun Run

The Fun Run was a fantastic event that brought joy, excitement, and school spirit to our community. It was a great way to reinforce the importance of physical health and to celebrate the strong sense of belonging we have at our school.

The **Fun Run** was not only a fun-filled physical activity but also an opportunity for students to understand the importance of staying active and maintaining a healthy lifestyle.

The event promoted a sense of unity, with everyone coming together to support our students' efforts, both on the track and off.

It was inspiring to witness how our tamariki embraced the challenge, and we are proud of their efforts and determination.



Year 5/6 Sport/ Basketball/Tau Tag Teams

Running Friday sports for Year 5/6 (rugby, netball, hockey, and soccer) every Friday at Hagley Park. This involved coordinating practices, managing logistics for travel to a major venue, and adapting coaching techniques to suit a variety of different team dynamics.

We made a commitment to coaching the **Year 5/6 basketball team at Cowles Stadium,** culminating in them **making the finals,** was a significant achievement.



We entered a **Tau Tag team tournament at Linwood Park** demonstrates a commitment to **inclusivity** and **community engagement.** This unique focus on a local, after-school event, (Tau Tag is a variant of Tag Rugby with Māori/Pasifika connections), shows an effort to make sport accessible and engaging outside of regular school hours, reinforcing **teamwork** and **positive sportsmanship.**

Jumping June

In June, our school participated in **Jumping June**, a fantastic initiative aimed at promoting physical activity and raising awareness for heart health. The event was a huge success, with our tamariki engaging in a variety of activities designed to keep them active, while also supporting the **Heart Foundation**. The focus was on both fun and education, encouraging our students to develop healthy habits for life.



Student Vs Teachers Basketball

This game was a wonderful demonstration of school spirit and camaraderie, filled with laughter, cheers, and an excellent sense of community. It was a fantastic opportunity for both students and staff to connect outside the classroom, fostering teamwork, healthy competition, and a shared sense of school pride.



Run Jump Throw

On Thursday, 24th October, our whole school took part in a **Run Jump Throw** day. Students rotated through a range of fun and active stations designed to build their running, jumping, and throwing skills. It was wonderful to see everyone giving their best effort, cheering each other on, and showing great sportsmanship. The day was full of energy, teamwork, and smiles as students learned new techniques and enjoyed being active together.



Gumboot Friday

Throughout the week, our school took part in a range of fun activities to support **Gumboot Friday** and raise awareness for **I Am Hope**. Each day, students completed different challenges focused on kindness, positivity, and supporting mental health. On Friday, we celebrated with a **mufti day** and a **Gumboot Throw competition**, which brought plenty of laughter and excitement! It was fantastic to see everyone joining in, showing their support, and helping to raise funds for such an important cause.

