

HPE at RJHS

What does this mean?

It means you need to have some skills before you can play games but you also need to have game skills (understand strategy and how the game actually works). They can't work independently of each other.

"Fundamental movement skills and fundamental games skills are complementary pairs"

Why have we chosen this big idea?

We were noticing that students were arriving at our kura without basic fundamental movement skills or game sense which is a key strand in the Health and Physical Education curriculum.

OUR BIG IDEA FOR TERM 1



Collecting fitness results while working on basic fundamental skills so we have data to complete our maths work

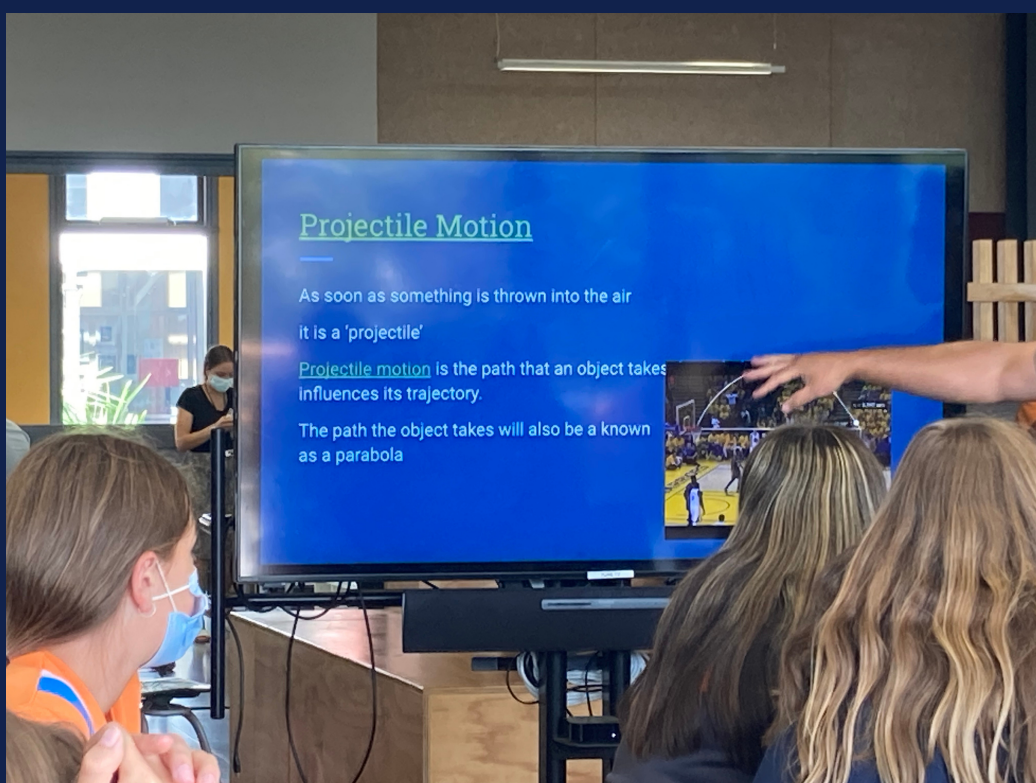


Being in then learning pit as we learn strategy and skills all at once

What does this look like in a lesson?



Practicing our catching and throwing skills after watching a video that explained how to do this.



Stretching our Year 10 students by adding deeper knowledge behind our movement skills



Practicing our Volleyball skills no matter what environment we are in.