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| **St Peter Catholic School Health and Physical Education Overview – Odd Years** | | | | | |
| **Theme** | **P for Play** | | | | |
| Level | Focus Area | Term One | Term Two | Term Three | Term Four |
| Juniors  (Y0-2) | Fitness | Kiwi Dex Games | Aerobics | Jump Rope | Fitness Circuits |
| Physical | Swimming  Small Ball Skills (Summer Games)  Tennis | Big ball skills ( Winter games)  MiniBall | Distance running  Soccer | Run/jump/throw (athletics)  Small ball skills |
| Health | Relationships (R.E)  Road Safety |  | Firewise  Life Education | Sunsmart/Body Care |
| Middle  (Y 3-4) | Fitness | Kiwi Dex Games | Aerobics | Jump Rope | Fitness Circuits |
| Physical | Swimming  Small Ball Skills (Summer Games)  Tennis | Big ball skills ( Winter games)  MiniBall | Distance running  Soccer | Run/jump/throw (athletics)  Small ball skills |
| Health | Relationships (R.E)  Road Safety | Keeping Ourselves Safe | Firewise  Life Education |  |
| Senior  (Y5-8) | Fitness | Kiwi Dex Games | Aerobics | Jump Rope | Fitness Circuits |
| Physical | Swimming  Small Ball Skills (Summer Games)  Tennis | Big ball skills ( Winter games)  MiniBall | Distance running  Soccer | Run/jump/throw (athletics)  Small ball skills |
| Health | Relationships (R.E)  Road Safety | DARE – (Drugs and alcohol resistance education) | Firewise  Life Education | Pubertal Changes(Y7-8) |
| EOTC | Tui Ridge – Year 7-8  Port Waikato – Years 5-6  EOTC DAY – Years 3-4 | | | | |

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| **St Peter Catholic School Health and Physical Education Overview – Even Years** | | | | | |
| **Theme** | **Tucker-eating for Health** | | | | |
| Level | Focus Area | Term One | Term Two | Term Three | Term Four |
| Juniors  (Y0-2) | Fitness | Kiwi Dex Games | Aerobics | Jump Rope | Fitness Circuits |
| Physical | Swimming  Small Ball Skills (Summer Games)  Tennis | Big ball skills ( Winter games)  Rippa Rugby | Distance running  Hockey | Run/jump/throw (athletics)  Small ball skills |
| Health | Relationships (R.E)  Nutrition/Health Eating | Keeping Ourselves Safe | Nutrition/Health Eating | Sun smart/Body Care |
| Middle  (Y 3-4) | Fitness | Kiwi Dex Games | Aerobics | Jump Rope | Fitness Circuits |
| Physical | Swimming  Small Ball Skills (Summer Games)  Tennis | Big ball skills ( Winter games)  Rippa Rugby | Distance running  Hockey | Run/jump/throw (athletics)  Small ball skills |
| Health | Relationships (R.E)  Nutrition/Health Eating | Keeping Ourselves Safe | Nutrition/Health Eating | Sun smart/Body Care |
| Senior  (Y5-8) | Fitness | Kiwi Dex Games | Aerobics | Jump Rope | Fitness Circuits |
| Physical | Swimming  Small Ball Skills (Summer Games)  Tennis | Big ball skills ( Winter games)  Rippa Rugby | Distance running  Hockey | Run/jump/throw (athletics)  Small ball skills |
| Health | Relationships (R.E)  Nutrition/Health Eating | Keeping Ourselves Safe | Nutrition/Health Eating | Pubertal Changes(Y7-8)  Mothers/Daughters |
| E.O.T.C | Kawau Island – Year 7-8  Port Waikato – Years 5-6  EOTC DAY – Years 3-4 | | | | |