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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 | SwimmingSmall Ball Skills (Summer Games)Tennis | Big ball skills ( Winter games)MiniBall | Distance runningSoccer | Run/jump/throw (athletics)Small ball skills |
| Health | Relationships (R.E)Road Safety |  | FirewiseLife Education | Sunsmart/Body Care |
| Middle(Y 3-4) | Fitness | Kiwi Dex Games | Aerobics | Jump Rope | Fitness Circuits |
| Physical | SwimmingSmall Ball Skills (Summer Games)Tennis | Big ball skills ( Winter games)MiniBall | Distance runningSoccer | Run/jump/throw (athletics)Small ball skills |
| Health | Relationships (R.E)Road Safety | Keeping Ourselves Safe | FirewiseLife Education |  |
| Senior(Y5-8) | Fitness | Kiwi Dex Games | Aerobics | Jump Rope | Fitness Circuits |
| Physical | SwimmingSmall Ball Skills (Summer Games)Tennis | Big ball skills ( Winter games)MiniBall | Distance runningSoccer | Run/jump/throw (athletics)Small ball skills |
| Health | Relationships (R.E)Road Safety | DARE – (Drugs and alcohol resistance education) | FirewiseLife Education | Pubertal Changes(Y7-8) |
| EOTC | Tui Ridge – Year 7-8Port Waikato – Years 5-6EOTC 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 | SwimmingSmall Ball Skills (Summer Games)Tennis | Big ball skills ( Winter games)Rippa Rugby | Distance runningHockey | 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 | SwimmingSmall Ball Skills (Summer Games)Tennis | Big ball skills ( Winter games)Rippa Rugby | Distance runningHockey | 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 | SwimmingSmall Ball Skills (Summer Games)Tennis | Big ball skills ( Winter games)Rippa Rugby | Distance runningHockey | 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 7-8Port Waikato – Years 5-6EOTC DAY – Years 3-4 |