



## PHYSICAL EDUCATION (PE)

**BSWPS Physical Education Specialist:**

**Shar Bock**

**Graduate Diploma of Education in Physical Education**

A sample of some of the activities covered from foundation to grade 6 at our school:

- Ball skills
- Gymnastics
- Dance
- Athletics
- Swimming
- Basketball
- Minor games
- Game sense
- Cross country
- Bench ball
- T-ball
- Soccer
- Rugby
- Circuits
- Modified athletics
- Peer Group Teaching
- Sportsmanship
- Kanga cricket
- Volleystar
- AFL
- Lacrosse
- Perceptual Motor Program
- Yoga
- Netball
- Running
- Nutrition
- Relays

At our school we also cover many extra activities on top of the physical education program such as:

- [Perceptual Motor Program](#)
- [Athletics](#)
- [Cross country](#)
- [Hoop time basketball](#)
- [Brunswick basketball club](#)
- [District swimming](#)
- [Whole school swimming](#)
- [Elite sports trials](#)

Find more details on these activities below.

## Perceptual Motor Program

We offer a Perceptual Motor Program for students from Foundation to Grade 2.

*“Unlike fundamental movement skills that form the building blocks for movement, such as hopping, jumping, running or balance, A perceptual motor development connects a children's perceptual or sensory skills (the brain) to their motor skills (the body) so they can perform a variety of movements and confidently interact with their environment (1). Developing perceptual motor skills involves teaching children movements related to time (e.g. moving fast vs slow), direction (moving forward, back or to the side) and spatial awareness (e.g. crossing their arm from the right side of the body to the left or tapping their heel to the ground)”.*

**Lindsay, A. & Byington, T.** 2020, *Perceptual Motor Development | Connecting the Brain & the Body, Extension | University of Nevada, Reno, IP*

1- Clark, J. E. (2007). On the problem of motor skill development. *Journal of Physical Education, Recreation & Dance*, 78(5), 39-44



## Athletics

The Grade 3-6 students cover an Athletics program at school. All students participate in ten events, recording their own individual scores. Qualified students go in to compete at District, Division, Region and State Levels. Events covered are: Long, High and Triple Jump, Discus, Shot Put, 100, 200, 800 and 1,500 metre and circular relay.

Students from Foundation – Grade 2 participate in a modified Athletics Program which includes throwing a rubber Discus, Hammer Throw (rubber chook), Sack Races, Ball and Bean Bag Shot Put, Relays, High Jump (land on the big mat) and a three legged race, to name a few events.



## Cross Country

Students in Grade 3-6 run between 2-3 kilometres depending on their age group. Training begins with learning to run for long distance, then week by week increasing the number of laps around the oval without stopping. Ten students from each age group represent our school at the District Cross Country, then the top ten per age group represent the Brunswick District at the Division Carnival. Successful students can then go on to the Region competition followed by the State Level Carnival. In 2019 we had 4 students who qualified for the State Level Carnival at Bundoora Park.



## Hoop Time Basketball

All Students from Grades 3-6 attend a whole day Round Robin playing basketball against several other schools at the Melbourne Aquatic Centre. Beginners and experienced students are catered for with the Rookies and Future Star divisions. All Classroom teachers support the students and attend the day with their classes. Parents are welcome to attend and assist on the day. Grade 5 /6 students train the Grade 3 /4 students and coach their team on game day. It is a wonderful mentor program that offers experience in leadership and responsibility for the 5 /6 students and it gives the 3 /4 students a sense of belonging and care from their elder school mates. In 2019 we had 2 teams make it to the State Finals. One Grade 5 /6 team and a Grade 3 /4 team. In fact the Grade 3 /4 Team became the STATE CHAMPIONS. They achieved 1<sup>st</sup> place out of the 4,853 teams who began the competition.



## District Swimming

At the start of the school year nominations are taken for elite swimmers to compete at the Division Swimming Carnival. Successful students aged 9-13 can compete in 50 metre freestyle, backstroke, breaststroke and butterfly events. There is also the opportunity for 50 metre freestyle teams in age groups and Open Medley teams. Swimmers must be swimming at or near Squad standard to compete.



## Whole School Swimming

At Brunswick South-West Primary School there is a 2 week intensive swimming program usually held at the end of Term 3. The students attend a lesson every day at Maribyrnong Aquatic Centre in a small group class. Feedback from students and Parents is that is a quality program run by excellent teachers.

## Maribyrnong Aquatic Centre



## Brunswick Basketball Club

Brunswick South-West Primary School started the Brunswick Basketball Club about 4 years ago. It is for any child in the Brunswick Community and is run by our hard working Parents. Many of our past students now Coaches of the younger students, training them weeknights and coaching on game day. Students get to mix with students other than those in their own class or year level. It gives our school an even stronger sense of Community. Training mostly takes place in our school hall.



## Elite Sport Trials

At the start of each school year there is a call for any exceptional sports stars to trial for the Victorian State team. Parents can apply online then seek the endorsement of the school in order to progress to the first stage of the try-out process. It is a gruelling process, but well worth the experience for those trying to get to the top of their game. One of our past students – Hannah made it to the Victorian State Hockey Team, competed in Western Australia representing Victoria and also received the Sports School Victoria Sporting Blue Award for “Individual Sporting Achievement”.

