



SAMPLE TEACHING AND LEARNING OUTLINE

PHYSICAL EDUCATION
YEAR 3

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Any resources such as texts, websites and so on that may be referred to in this document are provided as examples of resources that teachers can use to support their teaching and learning programs. Their inclusion does not imply that they are mandatory or that they are the only resources relevant to the learning area syllabus.

The sample teaching and learning outline provides a sequential series of content areas through which the Physical Education component of the *Western Australian Curriculum: Health and Physical Education* can be taught. Consistent with the rationale of the Health and Physical Education curriculum, this outline supports students' acquisition of movement skills, concepts and strategies to enable them to confidently, competently and creatively participate in a range of physical activities in various contexts and settings

The sample teaching and learning outline includes an array of focus areas through which students can apply their competence and understanding of key skills and concepts. These key focus areas are suggested as mediums for teaching and learning.

Week	WA Curriculum Content	Key teaching concepts	Lesson content
1–3	<p>Fundamental movement skills:</p> <ul style="list-style-type: none"> • kick • catch • underarm throw • overarm throw • bounce <p>Locomotor skills:</p> <ul style="list-style-type: none"> • run • jump • hop • dodge <p>Combination of locomotor and object control skills in minor games</p> <p><i>Note: The above content is ongoing and will be addressed throughout the skill development teaching and learning activities</i></p>	<p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> • locomotion • locomotor skills in minor games • balance 	<ul style="list-style-type: none"> • running • jumping • minor games involving running and jumping • static and dynamic balance landings • activities involving running, jumping and landings
4	Ways to maintain a balanced position when performing locomotor and object control skills	<p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> • locomotion • balance • locomotor skills in minor games 	<ul style="list-style-type: none"> • hopping • dodging • minor games involving running and jumping
5		<p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> • locomotion • balance • locomotor skills in minor games 	<ul style="list-style-type: none"> • running • jumping • hopping • dodging • minor games involving the listed skills
6–7	Basic rules in a variety of physical activities and ways in which they keep activities safe and fair	<p>Fundamental Movement Skills</p> <ul style="list-style-type: none"> • object control skills <p>Importance of rules in games</p>	<ul style="list-style-type: none"> • kick • minor games involving kicking • follow basic rules and explain the ways they keep activities safe and fair

Week	WA Curriculum Content	Key teaching concepts	Lesson content
8–11	Cooperation skills to ensure everyone is included in all physical activities	Fundamental Movement Skills <ul style="list-style-type: none"> object control skills Cooperation skills for inclusion	<ul style="list-style-type: none"> catch underarm throw overarm throw simple games involving throwing and catching cooperation skills to ensure everyone is included in all physical activities
12–13	Basic rules in a variety of physical activities and ways in which they keep activities safe and fair	Fundamental movement skills and tactics Importance of rules in games	<ul style="list-style-type: none"> navigate an obstacle course maintain a balanced position when performing locomotor skills follow basic rules and explain the ways they keep activities safe and fair
14–19	Benefits of regular physical activity and physical fitness to health and well-being: <ul style="list-style-type: none"> maintenance of a healthy weight prevention of some diseases Cooperation skills to ensure everyone is included in all physical activities	Fundamental Movement Skills and tactics Benefits of regular physical activity and physical fitness to health and well-being <ul style="list-style-type: none"> maintenance of a healthy weight prevention of some diseases Cooperation skills for inclusion	<ul style="list-style-type: none"> play simple invasion games involving kicking with a focus on gaining or maintaining possession and balanced positions cooperation skills to ensure everyone is included in all physical activities
20–26	Benefits of regular physical activity and physical fitness to health and well-being: <ul style="list-style-type: none"> maintenance of a healthy weight prevention of some diseases Basic rules in a variety of physical activities and ways in which they keep activities safe and fair	Fundamental Movement Skills and tactics Benefits of regular physical activity and physical fitness to health and well-being <ul style="list-style-type: none"> maintenance of a healthy weight prevention of some diseases Rules to ensure fairness	<ul style="list-style-type: none"> play simple invasion games involving throwing, catching and bouncing with a focus on gaining/maintaining possession and balanced positions follow basic rules and explain the ways to keep activities safe and fair

Week	WA Curriculum Content	Key teaching concepts	Lesson content
27–32	Movement skills that combine the elements of effort, space, time, objects and people	Fundamental Movement Skills and tactics Movement skills that combine the elements of effort, space, time, objects and people.	<ul style="list-style-type: none"> play simple striking/fielding games involving throwing, catching and striking modify games to allow students to experience that impact that changes in effort, space, time, objects and people have on games
33		Fundamental Movement Skills and tactics	<ul style="list-style-type: none"> running jumping hopping dodging minor games involving the listed skills
34–36		Fundamental Movement Skills and tactics Cooperation skills for inclusion Rules to ensure fairness	<ul style="list-style-type: none"> in groups, students design minor games that use a combination of movement skills, ensure everyone is included and physically active, with a set of basic rules to ensure safety and fairness games explained to and played by all groups in the class