

Ranui Primary

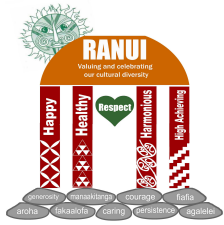
Physical Education

ESSENCE STATEMENT

- ! Hauora involves the physical, social, mental, emotional and spiritual development of the children. At Ranui Primary we aim to assist every child to develop a positive attitude and to take increasing responsibility for their own well-being.
- ! Physical Education at Ranui Primary will encourage students to confidently engage in movement experiences that promote and support the development of physical and social skills.
- ! Physical Education at Ranui Primary will foster critical thinking and action that enables students to understand the role and significance of physical activity for individuals in our changing world.

PURPOSE

- ! To enable students to participate in regular, safe, exercise which enhances relationships, builds confidence, encourages fair play.
- ! To develop movement skills for students that are challenging, enjoyable, ability appropriate, and that encumber social and cultural factors.
- ! To encourage co-operative skills, sensitivity to others, independence and positive peer relationships.
- ! To encourage problem solving strategies within a co-operative environment.
- ! To develop children's awareness of safety within a group activity.
- ! To assist children to learn how to compete and challenge themselves with dignity.



Ranui Primary

Effective Teaching and Learning in Physical Education

Ranui School will...

- ! Provide regular, balanced and varied Health and Physical Education programmes that develops critical thinking and reflection.
- ! Provide opportunities for children to work co-operatively and play fair through a variety of physical activities and sport
- ! Develop programmes which meet the specific needs of the children and that focuses on the well-being of the students.
- ! Develop assessment practices that feed-back and feed-forward to inform the student, teacher and whanau of their progress and next steps.
- ! Equip students with the knowledge and skills to allow them to make informed choices for a healthy and physical lifestyle, now and in the future
- ! Ranui School will design programmes that foster confidence, empathy, self-management and feelings of belonging that assist students to establish and maintain positive relationships.

The Children will be...

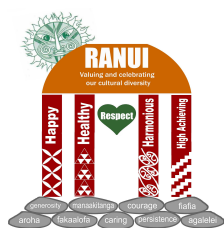
- ! Active participants
- ! Problem solvers
- ! Contributors
- ! Happy
- ! Engaged in activities
- ! Supportive of others
- ! Risk takers
- ! Able to follow instructions

The Teachers will be...

- ! Enthusiastic and well planned
- ! Organised with equipment
- ! Effective Time managers
- ! Facilitators of learning
- ! Confident
- ! Risk Takers
- ! Role models
- ! Adaptable meeting the needs of their students

The Environment will be...

- ! Safe
- ! Challenging
- ! Stimulating
- ! Allow risk taking



Ranui Primary

Effective Teaching and Learning in Physical Education

An Effective Physical Education Lesson will ...

- ! Reflect the school's yearly, term and Unit planning
- ! Link to the New Zealand Curriculum
- ! Have weekly planning that state the Learning Intentions
- ! Meet the progress and needs of the children
- ! Establish a shared learning focus
- ! Warm Up
- ! Activity or Modified Game (Modify the Game – S.T.E.P)
- ! Reflection and Success Criteria

Area of the School	Term 1	Term 2	Term 3	Term 4
Junior	2 x 45min P.E Lessons – (Swimming) 3 x 20min Fitness Lessons	1 x 45 min P.E Lessons 4 x 15min Fitness Lessons		
Middle	2 x 45min P.E Lessons - (Swimming) 3 x 20min Fitness Lessons	1 x 45 min P.E Lessons 4 x 15min Fitness Lessons		
Senior	2 x 45min P.E Lessons - (Swimming) 3 x 20min Fitness Lessons	1 x 1 ½ hr Sport Focused Lesson 5 x 15min Fitness Lessons		

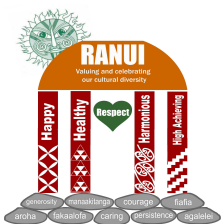
- ! Recommended time for Fitness so that we are using our space and resources effectively.

Area of the School	Time	Planning for Fitness
Kereru/Kiwi	9:10-9:25	Fitness plans and assessments will be developed by either the individual Whanau Teams or Classroom Teachers and meet the criteria set out in the Ranui School Planning Guidelines
Tui	9:15-9:30	
Kahu	10:15-10:30	
Waka	9:15-9:30	

Suggested Resources

Kiwi Dex
 Kiwi Fundamental Skills
 Hillary Commission – Sports Choice
 Kiwi Touch
 Kiwi Sport – Mini Footy
 Kiwi Sport – Softball
 Kiwi Sport – Kiwi Cricket
 Kiwi Sport – Mini Soccer
 Kiwi Sport – Mini Ball
 Kiwi Sport – Run, Jump and Throw
 Te Reo Kori

Water Safety Across the Curriculum
 Lotto Swim Safe
 Future Ferns
 Kiwi Sport – Totally Outdoors
 Kiwi Sport – Orienteering
 Sport Waitakere
 KiwiCan



Ranui Primary

Physical Education Overview

	Term 1	Term 2	Term 3	Term 4
Junior School	Aquatics - Water Safety	Invasion Games	Target Games	Athletics
		Gymnastics	Dance and Movement	
		Te Reo Kori	Net/Wall Games	
Junior Sport Lunchtime Focus	Tee-Ball	Cross Country Kiwi sports	Touch/Rugby/Tag	Athletics
Junior Fitness	Jump Jam Fitness Circuits Running Activities	Jump Jam Fitness Circuits Running Activities	Jump Jam Fitness Circuits Running Activities	Jump Jam Fitness Circuits Running Activities
Middle School	Aquatics Water Safety	Invasion Games	Movement and Dance	Athletics
		Net/Wall Games	Gymnastics	
Middle Sport Lunchtime Focus	Swimming Tee-Ball	Cross Country Kiwi sports	Touch/Rugby/Tag	Athletics
Middle Fitness	Jump Jam Fitness Circuits Running Activities	Jump Jam Fitness Circuits Running Activities	Jump Jam Fitness Circuits Running Activities	Jump Jam Fitness Circuits Running Activities
Senior School	Aquatics Water Safety	Senior School Sport Intensives		Athletics
				Target Games
Senior Sport Lunchtime Focus	Swimming Softball	Cross Country Winter Sports Field Days	Winter Sports Gymnastics Basketball	Touch Rugby Athletics
Senior Fitness	Fitness Circuits Running Activities	Endurance Running Fitness Circuits	Fitness Circuits Running Activities	Fitness Circuits Running Activities

! Planning and Assessment is provided and can be adapted to meet the needs of the children in your class.