**Physical Education Yearly Unit List**

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| **Grade 3/4** | **FMS Skills** | **Grade 5/6** | **FMS Skills** |
| **Basketball** | Catching, Throwing, Run, Leap, Dodge | **Lacrosse** | Throw, catch, run, dodge, leap |
| **Jump Rope For Heart** |  | **Jump Rope For Heart** |  |
| **Dance** |  | **Dance** |  |
| **Gymnastics** |  | **Gymnastics** |  |
| **AFL** | Punt, run, jump, dodge | **Fitness** |  |
| **Netball** | Throw, catch, leap, run | **Athletics** |  |
| **Soccer** | Run, kick, dodge, throw | **Badminton** | FHS, |
| **Cricket** | 2HS, throw, catch, run | **Ultimate** | Throw, catch, run, leap |
| **Tennis** | FHS, run | **Golf** | 2HS |
| **T-Ball** | 2HS, throw, catch, run | **Softball** | 2HS, throw, catch, run |
| **Volley Sports** | Catch, throw, volley, leap | **Invasion Games** |  |
| **Athletics** |  | **Teamwork Activities** |  |
| **Touch Football** | Throw, catch, run, dodge | **Rugby** | Throw, catch, run, dodge |
| **Fitness** |  | **Self Defence** |  |
| **Cooperative Games** |  | **Hockey** | 2HS, Run,  |
| **Striking with instruments** |  | **Orienteering** | Run |
|  |  | **Fitness Concepts- Speed, agility, strength, power etc** |  |
|  |  | **Tennis** | FHS, Run |