

Curriculum Big Ideas

PE

- Movement concepts, principles, strategies and tactics are used in physical activity.
- Physical fitness is essential to health throughout a lifetime.
- Physical activity provides a variety of opportunities for enjoyment, social interaction, challenge and self-expression.
- We need to be physically active to be fit for life
- Body systems and how they can be maintained by physical activity are essential to our understanding of health and fitness.
- Knowledge of training zones and heart rates will improve our ability to maintain a healthy lifestyle
- Teamwork, interaction and challenge should be integral to teaching and learning
- Elite performers should be allowed to express themselves, encouraging and leading other students.
- Performers of all abilities are given opportunity to improve in activities of their choice.