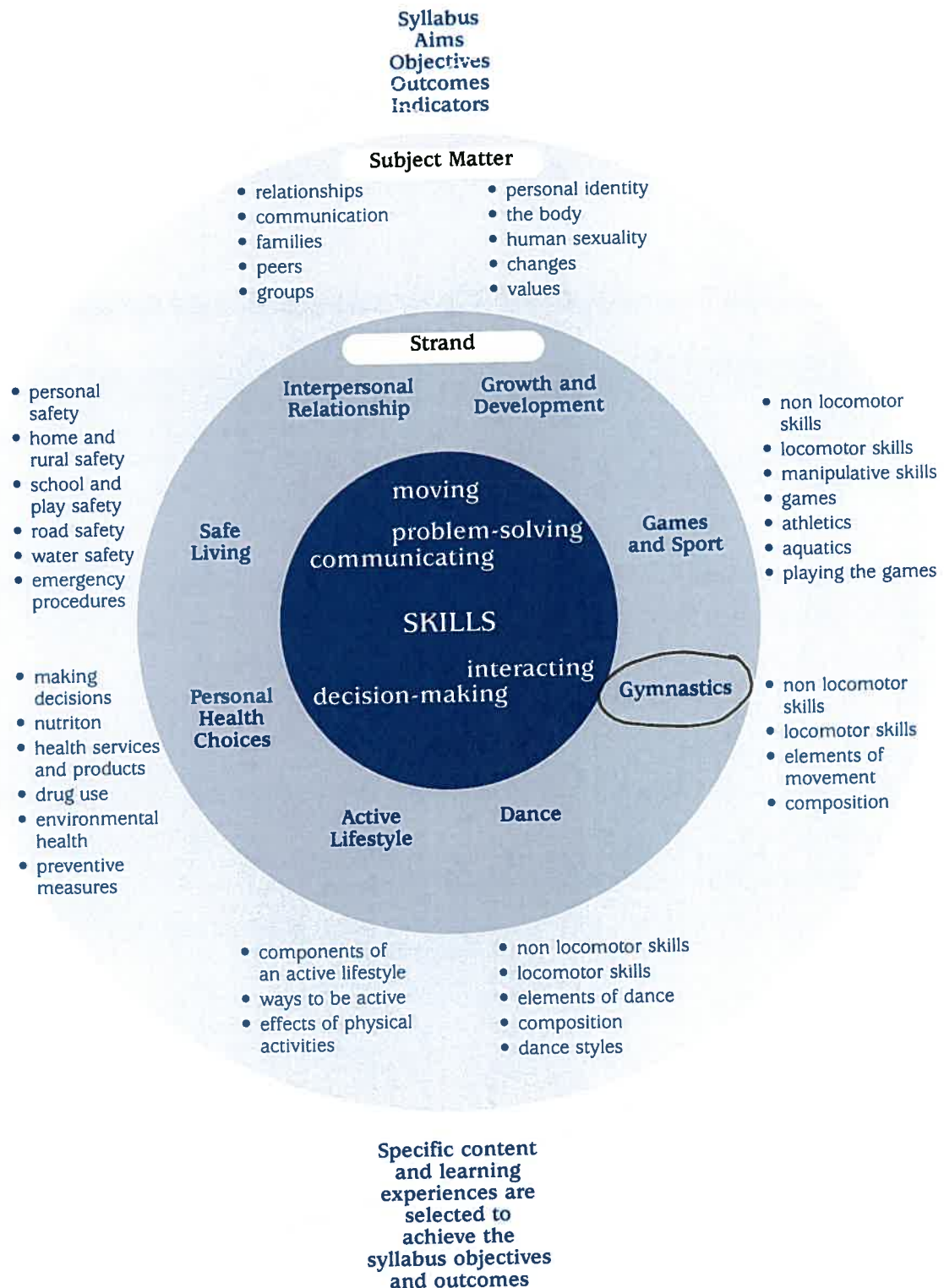


## Overview of Learning in PDHPE K-6

The following diagram represents the key components of the syllabus. The syllabus content consists of two elements: subject matter and skills. These form the basis for achieving the syllabus aims, objectives and outcomes.



## Gymnastics Outcomes and Indicators

### Early Stage 1

#### GYES1.10

Performs basic movement patterns to show actions of the whole body.

- identifies ways in which their body can travel and form shapes
- explores movement patterns using different parts of the body, eg climb on, through and over play equipment; slide along benches; crawl under bars
- makes different shapes with the body while in contact with the ground using large bases of support
- experiments with different ways of transferring weight from one body part to an adjacent body part
- moves in relation to others, personal and imposed space
- shows a number of different ways to move to express an idea

### Stage 1

#### GYS1.10

Follows a simple sequence that links basic movement patterns.

- draws on imagination to select movement patterns
- takes weight on different parts of the body, using small and large bases of support, eg hands, knees, feet, back, hips
- transfers weight using a variety of body shapes and positions
- explores ways of travelling along benches using feet, hands and feet, sliding action
- performs simple movement sequences involving running, jumping, leaping and landing from and onto one or two feet
- performs known patterns with different movement qualities

### Stage 2

#### GYS2.10

Demonstrates control in performing sequences of introductory gymnastic movements.

- identifies ways they can move by using different pathways, levels and directions
- practises and reproduces movement sequences and skills that include a starting and finishing position
- creates and performs movement sequences that vary in shape, size, direction, level, speed, and flow
- demonstrates variations of force and speed in movement, eg slow/ sustained action, fast/ explosive action
- takes weight on different body parts to perform a series of static balances demonstrating different shapes, eg tuck sit, front and rear support with stretched, tucked, twisted shapes
- identifies aspects of a performance that indicate control

### Stage 3

#### GYS3.10

Demonstrates coordinated actions of the body when performing gymnastic sequences.

- performs gymnastic skills using correct techniques
- performs variations of basic movements, eg roll with straddle
- describes how individual and group movements can be linked to form sequences
- devises and performs sequences with partners and groups using apparatus and floor
- creates a sequence of movements with a clear beginning, middle and end
- appraises the quality of movement in order to modify and improve performance

# SIPS SNACK SHACK MENU 2018



Canteen is open Wednesday to Friday - for lunch orders and at Recess and Lunch.  
Canteen enquiries please phone 4441 2053

## Sandwiches / Wraps / Rolls

(wholemeal bread unless white is specified)

Vegemite / Jam / Honey	\$1.50
Chicken / Ham / Tuna / Egg	\$3.00
Salad & Meat	\$4.00
Salad	\$3.50
Ham, Cheese & Tomato	\$4.00

(Salad - lettuce, tomato, carrot, cucumber, beetroot, red onion)



### Extras

Wrap / Roll	50c
Toasted available - no cost	



## Lunch Bags

10c each  
or 50 for \$2.00



## Cutlery

10c each if you  
require a spoon or  
fork for food brought  
from home

## Hot Food available Everyday

Traveller Pie	\$3.00
Small Pie	50c
Noodle Cup	\$2.20
Garlic Bread	\$1.20
4 Chicken Chips	\$2.20
4 Chicken Chips & Rice	\$2.20
Pasta Bolognese	\$3.50
Pasta Bolognese & half Garlic Bread	\$4.00



## Salad Options



Salad Tub	\$3.50
Salad Tub with Meat	\$4.00
Chicken Goujon Wrap (lettuce, tomato, cucumber, carrot)	\$4.00
Caesar Salad with Chicken	\$3.50
Toasted Turkish - Half	\$2.50
Toasted Turkish - Full	\$4.50



## Sauce

Add 10c per item  
Tomato, BBQ,  
Sweet Chilli or  
Mayonnaise



## Hot Rolls



Cheese	\$3.00
Chicken	
Chicken & Cheese	
Chicken, Cheese & Tomato	\$4.00
Ham & Cheese	
Ham, Cheese & Tomato	
Ham, Cheese & Pineapple	

## Food Available ONLY on selected days

### WEDNESDAY \* Burgers \* \$4.00



Chicken Burger - lettuce & mayo  
Hamburger - cheese, lettuce, tomato & beetroot  
Vege Burger - cheese, lettuce, tomato & beetroot

### THURSDAY \* Pizza \* \$2.20



Home made mini pizza - choose from the  
ingredients below:

Ham, Chicken, Capsicum, Red Onion, Tomato,  
Pineapple, Grated Cheese

## Drinks

Water	\$1.00
Moove	\$2.00
- Chocolate or Strawberry	
Chilli J	\$2.00
Popper - 100% Juice	\$1.50
Apple / Orange / Blackcurrent	
Up&Go	\$2.00



## Snacks & Frozen Treats

Popcorn	50c
Sultanas	80c
Red Rock	\$1.20
Cheese Sticks	80c
Fresh Fruit	80c
Frozen Yoghurt	\$2.20
Paddle Pop	\$1.50
Quelch Juice Sticks	60c

