The Physical Education Program at Orelia Primary School comprises two branches, from Kindy to Year 2 the focus is on Fundamental Movement Skills (FMS), these skills are consolidated in Year 3-6 where modified games are a key focus.

All classes have a one-hour lesson with their class and one hour of organised games or modified sport on a Friday.

The emphasis is on participation, having a go and trying your best. Children are encouraged to Improve their own fitness and skills and take responsibility for their own physical health and wellbeing. We endeavour to instil lifelong habits, to stay fit, play sport and stay healthy.