

# Health and Physical Education 2023

## Term 1 Newsletter

### Curriculum

This year we will continue to implement the National Physical Education and Health curriculum across the school.

Movement and physical activity is the main component of Physical Education, while personal and social development is the Health focus.

Areas of focus include:

#### Physical Education

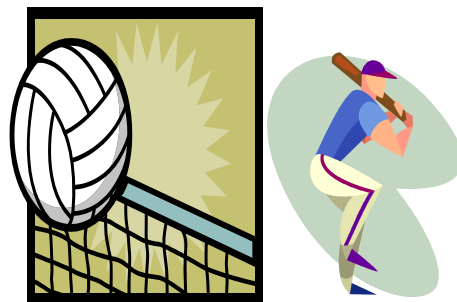
- Active play and minor games
- Challenge and adventure activities
- Fundamental movement skills
- Games and sports
- Lifelong physical activities
- Rhythmic and expressive movement

#### Health

- Safe use of medicines
- Food and nutrition
- Healthy benefits of physical activity
- Safety
- Communicating and interacting for Health & Wellbeing

Children don't learn to be skillful by simply sending them out to play. The refinement of movement skills needs to be guided. This requires purposeful feedback on performance in games that are specifically targeted at developing a particular motor skill or concept. Therefore the game sense approach that we will adopt consists of:

- Invasion Games (also called territory games): Games that require you to 'attack' and 'defend' a line or goal.
- Net-court/Wall Games: Games that require you to hit over a 'net' into another player's court.
- Striking and Fielding Games: Games that require you to strike a ball into a field of play and then attempt a 'run' to score.
- Target Games: Games that require you to hit a target.



## SAPSASA

Each year the school participates in a variety of SAPSASA events.

There is a Swimming and Softball carnival in Term 1. There is also a major Athletics competition in Term 2.

These events are open for all students born in 2013, 2012, 2011 and 2010.

All year 5/6 students have the opportunity to participate in the numerous week long carnivals that happen throughout the year. This includes sports like Football, Soccer, Netball, Hockey, Tennis, Cricket and many more.

Mawson Lakes will also be entering a variety of teams in the knockout competitions for year 5/6's.

Selection for SAPSASA events is based on ability level and positive attitudes.



## Others

In a few weeks we will have some visitors to the school from the North Adelaide Football club. They will be promoting the highly successful Auskick program that is aimed for R – 3 students. Flyers will be sent home with all interested Junior Primary students.



Sports Day will be held on Thursday April 6<sup>th</sup> (Week 10.)

Upper primary students will also take part in the Uni P.E. program.

Lunch time activities are on in the gym every day

Feel free to contact us at any stage.

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Kind regards

Michael and Des

