

# HEALTH and PHYSICAL EDUCATION



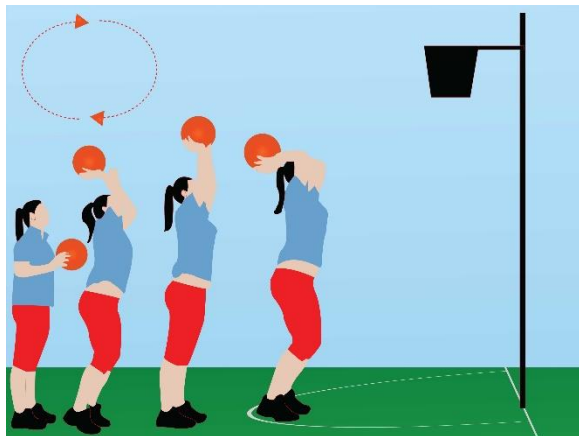
## TERM 2

### Curriculum:

In Health and Physical Education we will continue to focus on the following areas:

- Active play and minor games
- Fundamental movement skills
- Lifelong physical activities
- Healthy benefits of physical activity
- Mental health and wellbeing

Primary students have begun a unit of work on Invasion games, where the concepts of attacking and defending are the key elements. Small sided Netball, Basketball and Touch Football style games are being used to maximise individual participation.



Junior Primary students will continue to participate in Minor Games. They are also working on a variety of activities that will form part of a weekly skill-based program.

Whilst in Health the focus will remain on communicating and interacting for wellbeing. An understanding of healthy eating will be taught as well.



### SAPSASA:

All students born in 2013, 2012 and 2011 have been given the opportunity to participate in the SAPSASA Cross Country Championships. It will be held on Thursday May 11th at North Adelaide.

Trainings have begun for the week long SAPSASA Hockey and Netball carnivals. The carnival runs from the 21st June through to the 23rd June. Approximate cost \$90

Our Year 5/6 Knockout Netball team have also began training in readiness for their upcoming matches.

## Other:

The highly popular Auskick program is back again at the Mawson Lakes FC. They are hoping to begin in Week 2. Auskick is suitable for boys and girls aged 5 – 10. Contact Damian Emery if interested.

Damian.emery@sgs.catholic.edu.au



## SWIMMING

Water safety lessons for 2023 for Year 3 - 5 students will be held in **Week 6 (5/6 – 9/6) Term 2 at The ARC Campbelltown Swim Centre.**

**Year 3 - 5** students will have a 60-minute lesson each day. The aim of the program is to ensure all students have the opportunity to experience water activities in a safe, non-threatening environment, developing confidence and competence.



# SIMPLY SPORTS



**WHO:** Mawson Lakes school Rec to Yr 2 students

**WHAT:** **JUMPstart beginner basketball program**

**WHERE:** School court

**WHEN:** Mondays 3:15pm to 4:15pm  
from May 8th to June 19th

**COST:** **FREE** if using \$100 SPORTS VOUCHER  
or **\$90** without it.

**REGISTER:** [simplysports.com.au/schools/mawson-lakes](https://simplysports.com.au/schools/mawson-lakes)

**CONTACT Ph:** Adrian 0402 418 580

**Email:** [info@simplysports.com.au](mailto:info@simplysports.com.au)



[Michael.lukacs873@schools.sa.edu.au](mailto:Michael.lukacs873@schools.sa.edu.au)

[Des.deuter107@schools.sa.edu.au](mailto:Des.deuter107@schools.sa.edu.au)

Kind regards

Michael and Des

