

HEALTH and PHYSICAL EDUCATION

Curriculum:

In Health and Physical Education this term 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

All students will begin their own Personal Development Fitness program at age appropriate levels.

Primary students have begun a unit of work on Invasion games, where the concepts of attacking and defending are the key elements. Small sided Football, Hockey and Soccer style games are being used to maximize 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 and wellbeing. An understanding on the basics of healthy eating will be taught as well.



SAPSASA:

All students born from 2011 and before have been given the opportunity to participate in the SAPSASA Cross Country Championships. It will be held on Monday May 24th at North Adelaide.

Trainings have begun for the week long SAPSASA Football and Netball carnivals. The carnival runs from the 31st May through to the 4th June of June.

Approximate cost \$100

Our Year 6/7 Knockout Netball and Basketball teams have also begun training in readiness for their upcoming matches.

Feel free to contact us at any stage.



Thank you so much for continuously supporting our school, especially through fundraising. This term, we are hosting a **Colour Explosion School Fun Run** to raise money for **whole school improvements**.

Start fundraising today. Did you know? Students raise 3x times more when they fundraise online! Visit myprofilepage.com.au to create your child's cybersafe fundraising profile. Instructions are in your child's sponsorship booklet. You have until **11/6/21** to fundraise, so make sure you get cracking!

The big day is coming! We are so excited to host our Colour Explosion School Fun Run on **3/6/21** from 1:30pm to 3:00pm. On the day, make sure your child brings a white shirt for the Fun Run! They will be covered in non-toxic, high quality colour powder from head to toe! They will also need a water bottle and their hat. Sunscreen **will** be provided.

How do prizes work? Help your child fundraise more by setting a prize goal! It's okay if they change their mind – you order their exact prizes later. You can order your child's prizes online at myprofilepage.com.au between **4/6/21** and **11/6/21**. Alternatively, complete the back page of your sponsorship booklet when you return your cash donations. Students can choose a prize based on the total amount of dollars raised, or mix and match smaller prizes.

Share in \$200,000 worth of extra prize credit! Achieve bigger prizes by helping your child earn bonus credit on their online profile. By reaching fundraising milestones online, you can share in \$200,000 of extra prize credit!

Become a Fundraising MonSTAR! Collect all virtual badges on your online profile page and receive your own Fundraising MonSTAR bag tag.

Class Reward Prize. Teamwork counts! If your class creates the most online profile pages each student will receive a Fundraising MonSTAR handball.

FundRazor of the Year Award. Do you think you can top the national leader board? Australia's highest fundraising student in Australia will win a Razor Prize Pack, worth \$4,900!

If you have any questions about the Colour Explosion School Fun Run please contact the office of [Australian Fundraising](http://AustralianFundraising.com.au) on 1300 133 022. Thanks for supporting our school and we hope to see you at the event.

Happy Fundraising

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Kind regards

Michael and Des

