

HEALTH and PHYSICAL EDUCATION

TERM 2

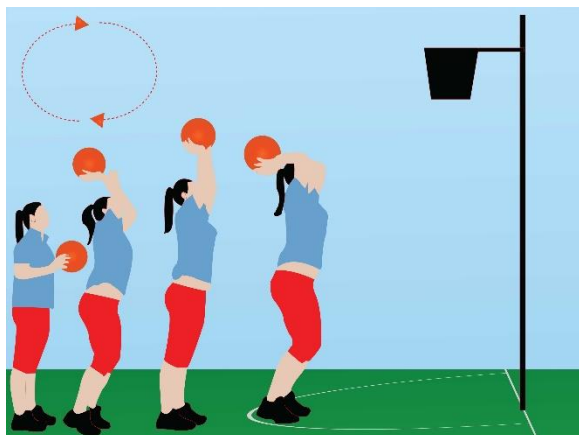
Curriculum:

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 Netball, Basketball 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 2012 and before have been given the opportunity to participate in the SAPSASA Cross Country Championships. It will be held on Monday May 30th at North Adelaide.

Trainings have begun for the week long SAPSASA Hockey and Netball carnivals. The carnival runs from the 22nd June through to the 24th June.

Approximate cost \$90

Our Year 5/6 Knockout Netball and Soccer teams have also begun training in readiness for their upcoming matches.

Others:

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 2022 for Year 3 - 5 students will be held in **Week 10 (4/7 – 8/7) 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 FOOTBALL
KICKSTART SOCCER

WHO: Mawson Lakes R-2 students
WHERE: School oval
WHEN: Mondays 3:15pm - 4:15pm
May 9th (**FREE** Come 'n Try) to June 27th

COST: \$25
*if using \$100 SPORTS VOUCHER
or \$125 without it*

CONTACT
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SPORTS VOUCHERS

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Kind regards

Michael and Des

