

# 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

Primary students have begun a unit of work on Invasion games, where the concepts of attacking and defending are the key elements. Small sided AFL Football, Soccer and Touch Football 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 in 2014, 2013 and 2012 have been given the opportunity to participate in the SAPSASA Cross Country Championships. It will be held on Thursday May 16th at North Adelaide.

Trainings have begun for the week long SAPSASA Hockey and Netball carnivals. The carnival runs from the 19th June through to the 21st June.

Approximate cost \$90

Our Year 5/6 Knockout Netball team 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 2024 for Year 3 - 5 students will be held in **Week 6 (3/6 – 7/6) 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.



**WHO:** Mawson Lakes school Rec to Yr 2 students  
**WHAT:** **JUMPstart** beginner basketball program  
**WHERE:** JP court or Gymnasium (if raining)  
**WHEN:** Tuesdays 3:10pm to 4:10pm  
from May 7th to June 11th  
**COST:** **FREE** if using \$100 SPORTS VOUCHER  
or **\$100** without it.  
**REGISTER:** simplysports.com.au/schools/mawson-lakes  
**CONTACT Ph:** Adrian 0402 418 580  
**Email:** info@simplysports.com.au

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Kind regards

Michael and Des