

# 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 continue their own Personal Development Fitness program at age appropriate levels. This forms a major part of our on-line learning when required.

Primary students have begun a unit of work on Invasion games, where the concepts of attacking and defending are the key elements. Small sided Soccer and 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 the Sports Day 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:

Our Year 6/7 Knockout Basketball and Soccer teams will hopefully begin training soon in readiness for their upcoming matches. We are all just waiting on a decision from SAPSASA regarding the future of the competition.



**Others:**

The highly popular Auskick program is still on hold at the Mawson Lakes FC. They are hoping to begin in Week 4. Auskick is suitable for boys and girls aged 5 – 10. Contact Damian Emery if interested.

Damian.emery@sgs.catholic.edu.au



- Sporting Schools Hockey program was successfully delivered over a six-week period last term. Many new skills were learnt and a lot of fun was had by all. We will be continuing with further clinics in the coming weeks.



You and your family are truly amazing! It is wonderful to share that our Colour Explosion School Fun Run was a huge success.

It is fantastic to see the spirit and enthusiasm that was displayed in supporting our school. Of course, the true highlight is the smiles on the student's faces as they ran their Colour Explosion School Fun Run.

We raised \$30,000 which will go toward our fundraising priorities.

**More smiles to come!** Your incentive prizes have arrived and are on their way! They will be distributed to students accordingly.

Again, our most sincere thanks for your support and fundraising efforts. We couldn't have done it without you!

Feel free to contact us at any stage.

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Kind regards

Michael and Des

