

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 All Codes Football, where the concepts of attacking and defending are the key elements. Small sided Soccer, Rugby 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 teach them game sense.

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 5/6 Knockout Basketball and Soccer teams have been training hard in readiness for their upcoming matches. Thank you to the many parent helpers involved.

Last week we had 25 students represent the school at the SAPSASA Athletics Championships. Outstanding results were achieved by all. Special mention to Madison and Luke who won all their individual events and will now move on to the State Championships in September.

Others:

The highly popular Auskick program is underway at the school. They are participating on Tuesday afternoons. Auskick is suitable for boys and girls aged 5 – 10. Contact Damian Emery if interested.

Damian.emery@sgs.catholic.edu.au



- Sporting Schools Touch Football 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.



Congratulations to our Under 12 Netball team who had recent success winning the Grand final of their Competition. Thanks to the parent helpers who have been there from the beginning to guide the girls.



Feel free to contact us at any stage.

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Kind regards

Michael and Des

