

HEALTH and PHYSICAL EDUCATION



Mawson Lakes School

Term 3 2023

Curriculum:

In Health and Physical Education 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 All Codes Football, where the concepts of attacking and defending are the key elements. Small sided Football, Tag Rugby and Soccer style games are being used to maximize individual participation.



Junior Primary students will continue to participate in Minor Games, allowing them to develop their fundamental movement skills. They are also working on a variety of activities that have now formed part of a weekly skill-based program.

Whilst in Health the focus will remain on communicating and interacting for and wellbeing. We are also continuing the detailed unit of work on healthy eating.



SAPSASA:

All students born in 2013, 2012 and 2011 have been given the opportunity to participate in the SAPSASA Athletics Championships. It will be held on Thursday August 17th at Salisbury.

Trainings have begun for the week long SAPSASA Soccer carnival. The carnival runs from the 21st to the 23rd of August.

Our Year 5/6 Cricket and Year 3/4 Tennis teams have also begun training in readiness for their upcoming matches.



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 – with a focus on updating our playgrounds.

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 **22/9/23** 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 **22/9/23** 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 before 22/9/23.

Your prizes add up!

When the fundraiser has ended you will receive all of the prizes up to your total amount raised.

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!

Win lots of amazing Monty prizes when you reach all of his fundraising milestones.

Can you reach all six?

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 Play station 5 Gaming Bundle valued at \$1500!

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

Happy Fundraising

Feel free to contact us at any stage.

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Kind regards

Michael and Des

