

HEALTH and PHYSICAL EDUCATION

Term 4 2024

Curriculum:

Our focus is on - Active play and Minor Games including:

- 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.

Primary students have begun a unit of work on Racquet Skills and Striking Sports, where the concepts of control and timing are the key elements. Small sided Tennis, Cricket and Hockey 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 where the foundations of ball skills will be taught. This includes rolling, trapping, under arm throws and catching.

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



SAPSASA:

Training has begun for the week long SAPSASA Tennis carnival. The carnival runs from the 20th to the 22nd of November.

Our Year 5/6 Basketball and Netball teams have also completed their matches in the Knock out SAPSASA format. Both teams performed extremely well with many memorable highlights.

Swimming

In Week 1 of this term R – 2 students completed the Department for Education Water Safety Program. The ARC proved to be a fantastic facility. Students developed a range of skills, understandings and attitudes about water safety, survival in the water and rescue of others.



Other

We are closing in on another successful year of Health and Physical Education as a specialist subject at Mawson Lakes School. In term 4, we would like to introduce Josh Weston who will be stepping in to teach alongside myself.

Josh is excited to bring rewarding and enjoyable opportunities for all students to be active and have fun in the subject. Josh is confident his vast sporting background will help students develop their love and understanding of fitness and sport, leading to an improved quality of life.

I would also like to announce that this will be my final year of teaching at Mawson Lakes. I will take up the Physical Education role at Evanston Gardens as of 2025.

I would like to thank everyone for their support over the last fourteen years. There certainly have been many highlights.



SIMPLY SPORTS

WHO: Mawson Lakes Rec to Yr 2 students
WHAT: **NEW Ball beginner cricket program**
WHERE: School oval
WHEN: Mondays 3:10pm to 4:00pm
from October 21st to December 2nd
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

NEW Ball CRICKET

SPORTS VOUCHERS

SPORTS VOUCHERS

New Ball Cricket begins on Monday 21st October for R- 2 students. It is held on Site East oval with quality coaches delivering a six-week program.

Please use your \$100 school sports voucher.

Kind regards

Michael Lukacs

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