

HEALTH & PHYSICAL EDUCATION



TERM 4 2022

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
- Healthy benefits of physical activity
- Mental Health and wellbeing

All students will be given the opportunity to continue working on their Personal Development Fitness program. This forms a major part of our on-line learning when required.

All students have begun a unit of work on Cricket, where the concepts of batting, bowling, striking and fielding will be introduced at age appropriate levels. Small sided games are being used to maximize individual participation.



Junior Primary students will also consolidate their learning of Minor Games. They are working on a variety of activities that will teach them game sense, basic scoring and fair play.

Whilst in Health the focus will remain on communicating and interacting for wellbeing. A continuation of the concepts required for healthy eating will be taught as well.



SAPSASA

Our Year 5/6 Knockout Basketball and Soccer teams both made it through to the State finals. They had an amazing journey throughout the year and should be proud of their results. Thank you to the many parent helpers involved.



A special mention also to Luke who competed in the recent Athletics State championships. He won medals in all four events- 100m, 200m, Relay and Long Jump.

A truly phenomenal performance!!



OTHERS

The Sporting Schools Tag Rugby 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 the Rugby League Stars program on Wednesdays after school.

SCAN HERE TO REGISTER OR VISIT THE WEBSITE

BE YOUR OWN HERO

<p>WHEN: 26/10/2022 - 14/12/2022</p> <p>TIME: Wednesday 3:15PM - 4:15PM</p>	<p>LENGTH: 8 Weeks</p> <p>AGE: 5 - 12 Years</p>	<p>WHERE: Mawson Lakes School Oval 14 Garden Terrace Mawson Lakes SA 5095</p>
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COST: \$99
*FREE IF YOU USE YOUR SPORTS VOUCHER

SCAN THE QR CODE TO REGISTER OR VISIT THE WEBSITE

SPORTS VOUCHERS

LEAGUE STARS

PLAY LEAGUE STARS
LEAGUESTARS.COM

ANY QUESTIONS CONTACT [EGAUDIO AT egaudio@nrl.com.au](mailto:EGAUDIO@NRL.COM.AU)

Feel free to contact us at any stage.

Michael.lukacs873@schools.sa.edu.au

Des.deuter107@schools.sa.edu.au

Kind regards

Michael and Des

