

HEALTH and PHYSICAL EDUCATION

Curriculum:

In Health and Physical Education this term we will continue to focus on the following -
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.

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:

Trainings have begun for the week long SAPSASA Tennis carnival. The carnival runs from the 22nd to the 24th of November.

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



Dear Parents and Guardians,

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 just over \$32K which will go towards school improvements.

More smiles to come! Your incentive prizes have been ordered and are on their way! They will arrive shortly and be distributed to students accordingly.

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



A big round of applause for Zavar who raised the most money for our Colour Explosion School Run 4 Fun 🙌 Thank you for raising a whopping \$1012 that will go towards School improvements. 😊

Zavar has now gone to the draw to win a JB Hi-fi \$10,000 shopping spree from @AustralianFundraising

The prize will be drawn at the end of the year. Good luck 🍀

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 were able to develop a range of skills, understanding and attitudes about water safety, survival in the water and rescue of others.



Kind regards

Michael and Des