

HEALTH and PHYSICAL EDUCATION

Curriculum:

In Health and Physical Education this term we will continue to focus on the following areas:

- Lifelong physical activities
- Healthy benefits of physical activity
- Mental Health and wellbeing

All students will continue to work on their own Personal Development Fitness program at age appropriate levels.

Primary and middle primary students will be focusing on Volleyball, Cricket, Hockey and modified game skills This will encompass the skills of striking and tracking, along with all the court craft requirements.

.Junior Primary students will continue doing our ball skills program with the activities including dribbling, tracking, under arm throwing and catching as the main priorities.



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.

In Week 4, Year 3 – 5 students will be having daily sixty minute lessons at The Kensington Norwood Swim Centre.

Hope you get some lovely weather!



Sports Day

On the 22nd of October, the exciting event known as Sports Day began. Students woke up exhilarated for the day as they applied

their special zinc cream on their faces and changed into their colored clothes. From the health hustle and chants in the morning, to the tabloid events throughout the entire day, 2021's sports day kept everyone thrilled and on their feet. At 9:30am tabloid events started. The competition started! Some of the events that the older primary kids were doing were Volleyball, Defender, Tennis, and way more! These activities were great, and we all broke a sweat. Junior Primary tabloid events were run by some of the sports day captains. Some of these events included parachute, bean bag toss, rebound nets, soccer and way more!

Before recess reception to year 2 they had their Championship, sprints which was fun to watch since they were just kids running and having their best, they were very excited. Lunch at 12:40 was a good opportunity for the students to rest and enjoy their meal deal before the upper primary sprints began. During lunch it was suspenseful since the scores could change anytime at any moment, so everyone kept checking the scoreboards to see who was first.

Years 3-7 participated after lunch in the sprints, representing their team to gather more points for their house color. We had sprints and long-distance run, 800m. Before the results of Sports Day were announced, a game of 'Tug of War' was initiated and the teachers and parents competed against each other. Ultimately, In the end, the parents had won despite the amazing effort from the teachers. It was almost the end of Sports Day, but before it ended, there was only one thing left to do, which was to announce the results. The sports day captains of each team held their breath as they watched Michael step into the centre of the oval to announce

the results. Once Michael announced the results of the championship and spirit cups, team Landy and team Cuthbert erupted in cheers.

Congrats to Landy for winning championship cup and Cuthbert for winning the spirit cup. Great job to Elliot and Jackson who tried their best and stayed strong. We would like to say a big thank you to all the teachers and volunteers that helped, Parents who came to watch and an extra thanks to Michael and Mr.D to organize this amazing day.

Written by Sports Day Captains



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Kind regards, Michael Lukacs and Des Deuter