



P.E. NEWSLETTER

Curriculum:

This year we will continue to implement the National P.E. and Health curriculum across the school.

Movement and physical activity is the main component of Physical Education, while personal and social development is the Health focus

The areas we will be covering are

Physical Education

- Active play and minor games
- Challenge and adventure activities
- Fundamental movement skills
- Games and sports
- Lifelong physical activities
- Rhythmic and expressive movement

Health

- Safe use of medicines
- Food and nutrition
- Health benefits of physical activity
- Safety
- Mental Health and wellbeing



requires purposeful feedback on performance in games that are purposefully targeted at developing a particular motor skill or concept Therefore the game sense approach that we will adopt consists of:

Invasion Games (also called territory games): Games that require you to 'attack' and 'defend' a line or goal

Net-court/Wall Games: Games that require you to hit over a 'net' into another player's court

- Striking and Fielding Games: Games that require you to strike a ball into a field of play and then attempt a 'run' to score
- Target Games: Games that require you to hit a target



Children don't learn to be skillful by simply sending them out to play. The refinement of movement skills needs to be guided. This

SAPSASA:

Each year the school participates in a variety of SAPSASA events.

There is a Swimming carnival and Softball event in Term 1. There is also a major Athletics competition in Term 3.

These events are open for all students born in 2008,2007,2006 and 2005.

All year 6/7 students have the opportunity to participate in the numerous week long carnivals that happen throughout the year. This includes Softball, Football, Soccer, Netball, Hockey, Tennis and Cricket.

Mawson Lakes will also look at entering a Boys Soccer team, Boys Basketball team and Girls Netball team in the knockout competitions for year 6/7's.

Selection for SAPSASA events is based on ability level and positive attitudes.



Others:

In a few weeks we will have some visitors to the school from the North Adelaide Football club. They will be promoting the Auskick program that is aimed for R – 3 students.

Flyers will be sent home with all interested Junior Primary students.



Upper primary students will also take part in the Uni P.E. program.

Lunch time activities are on in the gym every day.

Netball for U8s, U10s and U12s –
Wednesday afternoon in Denison Centre

Basketball for U14s – Thursday afternoon in
Denison Centre

Rowing for Year 6/7 through Mawson Lakes
Boat club

Feel free to contact us at any stage.

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Kind regards

Michael and Des