

HEALTH and PHYSICAL EDUCATION

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

All students will begin their own Personal Development Fitness program at age appropriate levels.

Year 5-7 students will undertake the Beep Test again and develop a training program for out of school time.

Primary students have begun a unit of work on Invasion games, where the concepts of attacking and defending are the key elements. Small sided Football and Soccer style games are being used to maximize individual participation.



The Health Triangle (Physical, Social and Emotional health) is being further developed this term through role-playing real life scenarios. Healthy eating practices will be explored, along with lifestyle choices.



Junior Primary students will continue to participate in Minor Games. They are also working on a variety of activities that will form part of a daily Fitness program

Whilst in Health the focus will remain on communicating and interacting for and wellbeing. An understanding on the basics of healthy eating will be taught as well.



SAPSASA:

All students born from 2009 and before have been given the opportunity to participate in the SAPSASA Athletics Championships. It will be held on Monday May 13th at St.Albans Reserve, Enfield.

Trainings have begun for the week long SAPSASA Football and Netball carnivals. The carnival runs from the 17th through to the 20th of June at West Beach.

Approximate cost \$100

Our Year 6/7 Knockout Netball and Soccer teams have also began training in readiness for their upcoming matches.



Others:

The highly popular Auskick program is underway at the Mawson Lakes FC. Auskick is suitable for boys and girls aged 5 – 10. Contact Damian Emery if interested.

Damian.emery@sgs.catholic.edu.au



- Mawson Lakes Boat club continue to offer programs for all students Contact coach Jerry Elder 0419 854 371

COLOUR EXPLOSION

Thank you to each one of you who supported the School Run4Fun Colour Explosion – we could not have done it without you.

Prizes and participation certificates are on the way so watch out for these shortly. Thanks again for your support.

Feel free to contact us at any stage.

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Kind regards

Michael and Des

