

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 are working on their own Personal Development Fitness program at age appropriate levels.

Primary and middle primary students are busy practicing all the tabloid events in preparation for Sports Day. This encompasses a variety of sports from Soccer, Basketball, Hockey, Volleyball, Netball and other minor games.

.Junior Primary students will continue the morning Fitness program with the activities being simulated for Sports Day. They will also be introduced to the Hook into Hockey program. Through Sporting Schools we were able to win a \$3000 grant. This has enabled us to purchase resources so that we can run an extensive program with the students



SAPSASA:

At the end of last term we had a number of Mawson Lakes students gain selection in the State SAPSASA Football, Netball and Soccer Carnivals. It was a week long event held at various venues involving districts from all over the state. Both Steve Gera and myself had the pleasure of coaching some of the teams. Congratulations to the following students who competed so well:

Football – Samuel D, kailan A and PJ

Soccer – Kate B, Liyah C, Kaitlin P and Sophia E

Netball – Sienna Y and Liyah C



Just a reminder that Sports Day will be held in Term 3 again this year- week 9 Friday 21st September.

Also the DECD swim program will take place during weeks 7 and 8 next term for all R-5 students.

It is an integral part of the Health and P.E. curriculum with many valuable skills taught to all year levels.

SWIMMING - Week 7 (Monday 3rd – Friday 7th September)

Class	Leave School	Lesson Time	Leave Pool
Lara E23,Desi E34	8.50am	9.30-10.15am	10.40am
Vira TR1, Amy G W12,Amy B W11	8.50am	9.30-11.00am	11.20am
Reannon E43, Michaela E41	9.30am	10.15-11.00am	11.20am
Justin TR5, MariaW21, Beata W23	10.20am	1100- 12.30pm	12:50pm
Lisa DC1, Mayley/Jessica DC2	10.20am	11.00-11.45am	12.05pm

SWIMMING - Week 8 (Monday 10th - Friday 14th September)

Class	Leave School	Lesson Time	Leave Pool
Bec E21, Monica E31	8.50am	9.30-10.15am	10.40am
Steve TR6 Lianna W22Cath W13	8.50am	9.30-11.00am	11.20am
Sam E22, Bree E32	9.30am	10.15-11.00am	11.20am
Karen E24, Casey E33	10.20am	11.00-1145pm	12.05pm
Jasmine TR8 Pamela TR7	10.20am	11.00-12.30pm	12.50pm
Heather E42	11:00am	11:45 – 12:30pm	12:50pm

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

Feel free to contact us at any stage.

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Kind regards

Michael Lukacs and Des Deuter

