

# HEALTH and PHYSICAL EDUCATION

## Term 3

### 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 with team activities being simulated for Sports Day. They will also be introduced to the Aussie Hoops Skills program. Through Sporting Schools, we are applying for a \$3000 grant. This will enable us to have a couple of expert coaches run a four-week program with the students



### SAPSASA:

At the end of last term we had a couple of Mawson Lakes students gain selection in the State SAPSASA Football and Netball Carnivals. Congratulations to Rylan C and Taylah W who competed so well throughout the week.



Just a reminder that Sports Day will be held in Term 3 this year- week 9 Friday 20th September.

Also, the DETE swim program will take place during weeks 7 and 8 this 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 2nd – Friday 6th September)

Class	Leave School	Lesson Time	Leave Pool
Reannon E23, Desi E34	8.50am	9.30-10.15am	10.40am
Vira TR11, Amy G W22, Amy B W13	8.50am	9.30-11.00am	11.20am
Mayley E43, Jess R E21	9.30am	10.15-11.00am	11.20am
Justin TR5, Maria TR12, Michelle W23	10.20am	11.00- 12.30pm	12:50pm
Lara DC1, Bree DC2	10.20am	11.00-11.45am	12.05pm

### SWIMMING - Week 8 (Monday 9th - Friday 13th September)

Class	Leave School	Lesson Time	Leave Pool
Casey E42, Monica E31	8.50am	9.30-10.15am	10.40am
Steve TR6 Felicia W21, Jasmine W12	8.50am	9.30-11.00am	11.20am
Sam E22, Jess/Bianca E32	9.30am	10.15-11.00am	11.20am
Karen E24, Lisa K E33	10.20am	11.00-11:45pm	12.05pm
Caitie TR8 Pamela W11	10.20am	11.00-12.30pm	12.50pm
Bec E41	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

Kind regards

Michael Lukacs and Des Deuter

Feel free to contact us at any stage.

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