

# 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 with the activities being simulated for Sports Day. They will also be introduced to a new Multi-Sport 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 beginning of this term we have had a number of Mawson Lakes students trialling for selection in the State SAPSASA Football, Netball and Soccer Carnivals. It will be a week long event held at various venues involving districts from all over the state. Both Des Deuter and myself have the pleasure of coaching some of the teams. We congratulate all of our students for staying active and pursuing their Sporting dreams. Good luck to all!



Just a reminder that Sports Day will be held in Term 3 again this year- week 9 Friday 18<sup>th</sup> 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 Lessons R - 5

### SWIMMING - Week 7 (Monday 31/8 - Thursday 3rd September)

Class	Leave School	Lesson Time	Leave Pool
Mayley E21, Desi E34	8.50am	9.30-10.30am	10.50am
Amy B/BTR6, Amy G W22, MichelleW23	8.50am	9.30-11.15am	11.35am
Sam E22, Hamish E33	9.50am	10.30-11.30am	11.50am
Monika TR5, Casey TR11, M/E TR 12	10.35am	11.15- 1.00pm	1:20pm
ReannonE23, Bianca/Jess P E32	10.50am	11.30-12.30pm	12.50pm

### SWIMMING - Week 8 (Monday 7th - Friday 11th September)

Class	Leave School	Lesson Time	Leave Pool
Karen E24, Jess P/R E31	8.50am	9.30-10.15am	10.40am
Justin W11, Jas W12, D/E TR9	8.50am	9.30-11.00am	11.20am
Lara DC1, Bree DC2	9.30am	10.15-11.00am	11.20am
Hayley E41, Sarah E42	10.20am	11.00-11.45pm	12.05pm
E/T W21, Pam W13, Felicia/Anna TR10	10.20am	11.00-12.30pm	12.50pm
Lisa/ Michaela E43	11:00am	11:45 - 12:30pm	12:50pm

Yours sincerely,

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

