

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 will continue to work on their own Personal Development Fitness program at age appropriate levels.

Primary and middle primary students will be focusing on Basketball and modified game skills This will encompass the skills of throwing and catching, along with all the court craft requirements.

.Junior Primary students will continue doing our ball skills program with the activities including dribbling, tracking, under arm throwing and catching as the main priorities.



Sports Day

Sports day was an amazing day and enjoyable for all. From the Health hustle to the novelty events, the day kept everyone occupied and on their feet.

To start the day, we all did the health hustle created by our sports captains to warm us up, followed by the amazing team chants. This certainly got everyone in the zone for a competitive and supportive day.

Some of the tabloid events included the tennis, volleyball, defender, the hurdles and much more. These activities were great and we all broke a sweat. There were also junior tabloid events, which were run by some of the sports day captains. Some of these events included parachute and bean bag toss.

Years' 3 to 7 participated in the sprints, representing their team to gather more points for their house. The yellow team were taking the lead in the sprints, which had helped them catch up with the others. This year, runners participated only in short distance as we did not have long distance this year. Landy ultimately came through with the most amount of wins.

To end the extraordinary day, we had the collaborative Novelty Events. These novelty

events involved the tug of war, egg throw, and the relays. These allowed the teachers and parents to show what they are made of. Some of the sports captains got involved in the relays and the tug of war. The Blue team were in the lead in the Championship Cup along with the Yellow Team dominating in the Spirit Cup.

Congratulations to Landy for winning the Championship cup and Cuthbert for winning the Spirit cup. Great job to Elliot and Jackson who tried their best and stayed strong. Thank you to all the teachers and parents that helped. An extra thanks to Michael and Mr. D for organizing this astonishing day.



The two championship and spirit cup winners **Written by Jovana, Freya**



and Denver



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