



HEALTH AND PHYSICAL EDUCATION NEWSLETTER

Dear Parents/Guardians

I hope you had an enjoyable break away with your families and are excited for the final Term of 2018!

I am looking forward to continuing Watsonia's diverse and comprehensive physical education and sports program. The overall aim of the program will be to build the foundations of Healthy and Active Lifestyles and give an opportunity for each student to enjoy, succeed and be challenged in a range of different sports and skills.

Preps will continue their development of key motor skills; this term they will begin by learning the all the important components of the Kicking. They will also participate in an 'Exploration Activities' unit which will look to cover all the major fundamental motor skills in Physical Education. The Perceptual Motor Program (PMP) will continue this term and I would like to personally thank all the parents who have volunteered at some stage this year.

Grade 1 & 2 will continue to develop and refine their motor skills in a range of environments using different equipment. They will also be introduced to specific concepts of the Forehand and Two Handed Strike as well as exploration activities which will aim to cover different sports to prepare the students for next year.

The Grade 3-6 Physical Education program for Term 4 is a busy one with four different summer sports being introduced and mastered, they include European Handball, Rounders and Lacrosse. The students will complete short sport education blocks focused on these particular sports which will emphasise on improving and expanding skills, game knowledge, strategizing and working in teams to achieve goals.

As a Sun Smart School students are reminded to bring adequate sun protection including hats and sunscreen to ensure they are protected from the sun during for all outdoor activities.

K-Club will continue again this term students, parents and extended family are invited to involve themselves on Tuesday and Thursday mornings before school.

I look forward to another exciting and fun term with all students, if you have any queries or concerns please do not hesitate to contact me by email or phoning the school.

Mr Michael Skoulllos

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