



Physical Education

Dear Parents and Guardian.

Welcome back to school! I hope that everyone has had a wonderful break and feel refreshed and ready to go in 2019.

First of all, I would like to introduce myself, I am Nicholas Lindsay and I will be teaching Physical Education for this year. I very much look forward to getting to know the whole school community throughout the year.

My aim for the Physical Education program is to provide students with the foundations of Healthy and Active Lifestyles and give an opportunity for each student to be challenged in a range of different sports and skills in a safe and supporting environment.

Term one is a very busy term for PE and is already in full swing. In class the Preps will be participating in a Physical Education program focussed around the introduction to the Fundamental Motor Skills, this term we will be looking at the skills of catching and throwing. The Preps will also be participating in a Perceptual Motor Program on Fridays in term one.

The Grade 1 and 2 students will be focussing on the refinement and improvement of their Fundamental movement skills, with a particular focus on catching and the overarm throw.

In Grades 3-6 the students will be busy with a range of different winter sports being introduced and mastered, they include Soccer, AFL and Softball. The students will complete short sport education blocks focused on these particular sports with emphasis placed on improving and expanding skills, game knowledge, strategizing and working in teams to achieve goals.

The students in Grade 4,5 and 6 are also busy preparing for the interschool sports season in Cricket, Basketball and Bat Tennis. The students in Grade 3-6 will also be participating in swimming trials and the district swimming carnival is coming up on the 11th and 21st of Feb respectively. We will also be running Twilight Sports later in the term, so save the date of the 1st of April and more information will be provided on this soon.

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 all outdoor activities.

I look forward to an 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 Nicholas Lindsay

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