

# PE NEWSLETTER



I have had a fantastic first term of Physical Education. It has been a joy getting to know all of your children throughout the term and thank you to whole school community for making me feel so welcome during my first term.

The Preps had a very busy first term focussing on the catch, throw and bounce in their Physical Education time, showing great improvement through the term. They have also taken part in the Perceptual Motor Program where they have been working on their balance and co-ordination across a range of activities. This term the Preps will continue to work on a range of Fundamental Motor Skills with a particular focus on the Kick and Punt.

For Grade 1-2 the focus of the class in term one has been on the Fundamental Motor Skills of the Catch, Throw and Bounce. In term 2 we will continue to focus on building these fundamental motor skill and will begin to focus on lower body skills such as the Kick and the Punt. We will also begin to teach the basics of sports education for Soccer and AFL while completing these skills.

Grades 3-6 were very busy in term one completing sports education units on Soccer, AFL and Basketball while also participating in interschool sports. During term two the Students in grade 3-6 will continue to complete a variety of sport education units with a focus on Netball and Softball.

Term two will be very busy for the students in years 4-6 with Cross Country coming up early in the term as well as the interschool sports occurring every Friday morning, where the students will be playing Netball and AFL.

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**, [lindsay.nicholas.d@edumail.vic.gov.au](mailto:lindsay.nicholas.d@edumail.vic.gov.au)

