

Physical Education, Term 1, 2021

Dear Families,

Welcome to the Health and Physical Education area of learning for term one, 2021. The children and I have an exciting year ahead of us that hopefully does not include lockdowns and cancelled events..... We also welcome Kirsty O'Connor who will be working with the IELP classes in Health and PE this year.

As with every term this year, each child from years one to seven will have their cardio-vascular fitness system tested using the multi-staged fitness test, commonly known as the 'beep test'. Last year's PB (Personal Best effort) will be a motivating tool that gives each student the goal for increased cardio-fitness levels for 2021. There is no pressure to perform a PB in term one, as some children take longer after the holidays to regain the fitness levels of the previous year. The beep test helps children understand how to push their body past their own physical comfort levels as they strive for a new PB. Each child this term will also generate a 2021 goal to guide them in their quest for improved physical fitness throughout the year . **In 2020 I noticed a considerable increase in the percentage of children making PBs consistently throughout the year and proudly achieving their goals.** The reception and other junior primary children will be tested on their basic gross-motor skills and physical coordination to determine their personal levels and abilities.

Sports Day for this term has been set for Friday, 26th March (week 9), and with this in mind some of the PE lessons will be used to introduce any new activities and go over some of the more obscure/difficult events – particularly for the junior primary students and receptions who may be learning about taking turns in relay events and positively cheering on their team mates.

Some of the other sports that will be included in the term one PE program are soccer, basketball, netball, lacrosse/sof-crosse and cross-country running (always depending on the first term weather). The junior primary students will be given an introduction into the basics of each sport with a focus on the gross-motor improvement relevant to the discipline and the older children will be working on improving their skills in more game-like scenarios and activities.

First term extra-curricula sports are held weekly after school. I will be offering basketball practice for year 4/5s on Monday afternoons, years 2/3 on Tuesdays and 6/7s on Wednesdays starting in week two and continuing throughout the year. Lacrosse practice for year 4-7 children will be held on Thursday afternoons starting in week three or four (run by a qualified coach from Lacrosse SA) with a view towards the SAPSASA carnival held in week eleven.

If your child wishes to become a member of any of the local sporting clubs, or finds enjoyment in one of the sports undertaken during PE lessons throughout the year, then please feel free to ask me where the nearest club is for your child to join. **Students who join a club before they leave primary school are much more likely to continue that activity through high school and on to adulthood.**

Term one will conclude with children volunteering to take part in long distance running – according to their age level – with the primary-aged students trying out for the SAPSASA cross-country team early in term two. The ten year old students will be tested for 2000m running and the children aged 11 and above will be running 3000m. East Torrens has a proud history in distance running and always takes a strong team to the term two Torrens River SAPSASA Cross-Country Carnival.

I look forward to working with your child/ren this year and being able to see the improvement in not only their individual skills, but their abilities in being a fair and competitive team member.

Yours in sport,

Richard Thom

H&PE specialist teacher