

Physical Education term 4 2022

Dear Parents and Carers,

Term four will be a combination of the children experiencing new sporting activities and being given the chance to revisit previous games to increase skills and further develop their creative thinking in competitive games. Students will again be undertaking fitness testing early in the term (hoping to create a new PB result to finish off the year) and participating in PE lessons centring on developing hand-eye coordination through striking skills whilst playing various outdoor sports.

1. **Fitness Testing:** All children from reception to year 6 will perform the multi-stage fitness test (beep test) in week one to determine their current fitness level and note any improvements from their previous three tests. House points are awarded to all students and double bonus points for those who produce their own PBs (personal best efforts). *Elite performers will also take part in an invitation-only test held at lunchtime for the various year levels.*



2. **PE program:** The sports that each class will work on this term in the PE lessons will involve each child developing and refining their hand-eye coordination through striking games. The activities will include cricket; T-ball/softball and golf, along with revisiting some of the popular games from the year. The junior primary students will be working on the basic skills of each sport - along with general gross-motor improvement. The students in years 3-4 will start to play modified games and the upper primary students will be refining all skills in competitive play.

3. **School sport:** Our enthusiastic basketball players will continue to practise each Monday, Tuesday and Wednesday afternoons in the gym. Summer sports have begun training for many of the clubs in our area and information has already been given to our students, with a number of them now playing for the various clubs in our district.



4. **Tackle Rugby Carnival:** Our year 5/6 students will get the opportunity to take part in a revised SAPSASA rugby league carnival in week four. Lunchtime practises will continue to ensure maximum enjoyment when our teams play against other schools.



5. **Year 3 / 4 Tennis Carnival:** Due to the cancellation of the term three tennis carnival there will be a revised program for the middle of this term.

6. **Sporting Schools Program and Badminton:** A select group of year 5-6 children will be taking part in the Sporting Schools program with regular Thursday afternoon badminton sessions with professional badminton coach Nigel Isherwood.



I look forward to working with your child/ren for the final term 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