PHYSICAL EDUCATION & SPORT PROGRAM

The emphasis of the Physical Education and Sports Program is the development of skills, co-ordination, co-operation, enjoyment and healthy positive attitudes to physical activity which will prepare students for future recreational pursuits.

The Physical Education Teacher is responsible for covering the areas of fundamental motor skills, ball handling – eg bounce/kick/strike/throw/catch, athletics, minor and major games.

The program will be supported by:

- Perceptual Motor Program (PMP) – Year Prep
- Swimming Lessons – Years 2-4
- YMCA Gym – Prep & Year 1
- Sporting Clinics as offered lessons, eg Tennis lessons/Cricket Australia lessons/Rugby clinics
- Platooning (Teachers working in teams to teach)

TIME ALLOCATION

Each class will have a Physical Education specialist session per week, running for 50 minutes.

The basic outline of each session will involve a warm up, skill based activities, a team game or activity, and a cool down session.

Year 5/6 will be involved in Intra/Inter School Sport for up to 90 minutes each week. Year 5/6 students may have the opportunity to compete in Inter-School Sport in one stream, in both Summer and Winter. Students who do not play in Interschool teams are involved in Intensive Skill Development sessions.

All students at WNPS will be given the opportunity to play in at least one Interschool Sports Team by the completion of Year 6 – see Sport Policy available on the website:

Sports for Summer are:
- Cricket | Boys/Mixed
- Rounders | Girls
- Basketball | Girls
- Basketball | Boys
- Bat Tennis | Girls
- Bat Tennis | Boys

Sports for Winter are:
- Football | Boys/Mixed
- Soccer | Boys/Mixed
- Netball A & B | A/Girls | B/Mixed
- Softball | Girls

As well, students in Years 3-6, will have the opportunity to represent the school in Swimming (Term 1), Cross Country (Term 2) and Athletics (Term 3). Also during the year, some 3-6 students will be involved in the Basketball Victoria Hooptime program, Rugby Gala Day, and other programs, if available during 2013.

A fun Tabloid Sports morning is held at the end of Term 4 for Preps, Year 1 and 2 students.

HOW CAN YOU HELP YOUR CHILD?

- Show your child you believe physical activity and sport to be important for one’s physical and social well being by playing a game in the backyard with your child or going to the park to throw, kick and catch a ball, etc.
- Encourage your children to be active rather than passive during spare time.
- Ensure your child presents himself/herself for PE and Sport properly attired, especially footwear.

Thank you
Trent O’Sullivan (Physical Education Teacher & Sport Coordinator)