

Year Level: PREP, Grade 1 and 2, Grades 3 and 4 & Grades 5 and 6.

Dear Parents and Guardians,

My name is Mr. Thom and I will be taking over Mr. Rasha's Health and Physical Education classes for the first six weeks of term. I will continue to follow Mr. Rasha's schedule to the best of my ability and with that said I will continue to run the futsal (indoor soccer) league every Thursday at lunchtime from grade 4 to 6.

Athletic rotations will also be held on Thursday afternoons from grade 4 to 6. Students will participate in a range of track and field events leading up to athletics day on 26th of August. It will be an amazing opportunity for all the students to experience a competitive but fun environment.

If you have any questions please do not hesitate to come see me after school.

Regards,
Thom Bonilla

What we expect the students to learn in PREP (HPE): This term, students will continue to develop their understanding of safety as a primary focus in all sport. I will continue to use Fundamental Motor Skill activities involving soft round balls to practice and develop their hand to eye coordination and improve their basic skills such as bouncing, throwing and catching. We will also begin to play Hoop Ball – a derivative of Basketball that concentrates on throwing and catching as well as teamwork.

What we expect the students to learn in Grade 1 & 2 (HPE): This term, students will continue to do activities in groups and as a class to help with their understanding of teamwork. Students will participate in modified games that will support and extend their fundamental motor skills, hand to eye coordination and learn how to use basic strategies to improve performance. Modified games include Hoop Ball, European Handball and Tee Ball. The students will continue to focus on safety, following rules and understanding of boundaries and rules of court and field games.

What we expect the students to learn in Grade 3 & 4 (HPE): Students this term will continue to learn the value and principles of developing strategies to aid performance during all facets of sport and learning. This term students will participate in a range of track and field athletic sports including, Long Jump, High Jump, Triple Jump, Discus, Shot-put, Relays and Sprints. Students will be expected to participate to the best of their ability in the activities and games. On Thursday afternoons, grade 4 to 6 including some grade 3's will participate in Athletics practice where they will rotate from one activity to another and have the opportunity to further develop their skills as they gear up to participate in an Athletics carnival in late August.

What we expect the students to learn in Grade 5 & 6 (HPE): During term three Grade 5 and 6 students will participate in a range of team sports including Touch Rugby, European Handball, and Lacross. Students will also incorporate a concentrating activity called Brain Gym into their warm up – designed to improve neural pathways, whole-body flexibility, spatial and listening skills, and hand to eye coordination. Students will learn skills and rules in each of the respective sports and will be expected to participate and try their best.