

Welcome back to Term Two in Health and Physical Education 2017

Year Levels: Prep, Grade 1 and 2, Grades 3 and 4 & Grades 5 and 6.

Hello again to all parents and guardians,

The winter interschool sports season is upon us once more. The district has chosen AFL football, Tee Ball, Newcombe and Girls and Mixed netball as our contested sports. We have very competitive teams in all of the above; the students will experience the enjoyment of competition and the thrill of victory when you have tried your hardest and defeat when a team has managed to beat you. It is the knowledge that you gave your personal best that is the most satisfying feeling any competitor can enjoy. As you might be aware Sunshine Heights PS always encourages parents within our local school community to become aware of the many junior sports programs in the area and make our students aware of the opportunities those organisations provide. We feel that this support cements a community spirit and will benefit the growth of community ties. As such, I urge you to consider joining one of the many local junior sporting associations that exist within close proximity to the school and in Sunshine. If you need any assistance whatsoever in finding the closest junior team of a particular sport, please let me know and I will assist you to find something suiting your child's and your requirements. Interschool sport this term will begin on the 28th of April. There will again be a fixture in the School Newsletter with dates and venues included. As always, please feel free to contact me before or after school with any questions, queries or concerns.

What we expect the students to learn in Prep: Students this term will continue to develop their understanding of safety as a primary focus in all sport. We will introduce a variety of modified games to reinforce to them the basic rules of competitive sports and how to enjoy yourself through trying your hardest and observing rules. I will continue to use Fundamental Motor Skill activities involving soft round balls to practise and develop their hand to eye coordination and improve their basic skills such as bouncing, throwing and catching. Students that have already developed these abilities will continue to be encouraged through strategic questioning and mindset to articulate their ideas to their peers and support their classmates learning. I will continue to work with those students to learn new skills and encourage taking on leadership and role modelling of good behaviour.

What we expect the students to learn in Grade 1 & 2: This term, in HPE students in Grades 1 and 2 will continue to do activities in small groups to help with their understanding of teamwork, concentrating and backing each other up during games. Students will be participating in modified games that will support and extend their fundamental motor skills, hand to eye coordination and understanding of how to use basic strategies to improve performance. The modified games will be simplified

variations of games such as AFL, Netball, Evasion/Invasion games, and Soccer. The students will continue to focus on safety, following rules and understanding the boundaries and rules of court and field games. They will be encouraged to learn and develop simple strategies to help play against opponents. Trying their personal best and enjoying participation will still be the central focus this term.

What we expect the students to learn in Grades 3 & 4:

In Grade 3 and 4 students will continue to learn the value and principles of developing strategies to aid performance during all facets of sport and learning in general. This term students will be introduced to the rules of our winter sport major games such as Netball, AFL Football, Tee Ball and Newcombe (a variation of Volleyball). Students will develop their knowledge of stretching and how to warm up appropriately for each different sport. Human physiology will be discussed in each session so that students can develop an understanding of which muscle groups are being used when stretching and playing sport, and how muscle development affects their performance. All activities will be preceded by a fundamental motor skill activity related to the sport being played and explored. The sessions always conclude with a Teaching Games for Understanding (Inquiry based) reflection by the students on what they have learned and how they could improve performance using strategies.

What we expect the students to learn in Grades 5 & 6:

During Term 2 Grade 5 and 6 students will be learning how to develop and incorporate the strategic skills that they have discussed during HPE sessions into major games AFL Football, Netball, Newcombe and Tee Ball. Students always begin each session with appropriate student led warm ups and stretches. This helps them tune in and focus when we follow up using a fundamental motor skill based activity related to the sport that they will be learning that session. Students as always will be expected to participate to the best of their ability in the activities and games and answer structured inquiry based questions to help encourage and develop further exploration of successful strategies. Students will also play the games that are part of our winter interschool sport program to learn the rules and principles of each game. At this level students will be encouraged to participate in extracurricular sport. We will try to make sure that all students have the basic skills to safely participate, develop successful strategies, enjoy and contribute to the sport they are participating in. Students will also be encouraged to maintain a healthy exercise regime and eating pattern.

Important Dates:

- EVERY FRIDAY - Interschool Sport, see the newsletter for the fixture (Starts Week 2, Friday April 28th)
- ✚ **If you have any queries please feel free to see me before or after school or alternately just leave a message and phone number and I will get in contact ASAP.**

HPE Specialist lessons, days and times:

Health and Physical Education	Year Level
Prep A	Thursday: 11:30AM-12:30PM
Prep B	Thursday: 2:15PM-3:15PM
Prep C	Thursday: 10:00AM-11:00AM
Grade 1B	Wednesday: 11:30AM-12:30PM
Grade 1C	Wednesday: 10:00AM-1:00AM
Grade 1D	Friday: 11:30AM- 12:30PM
Grade 2A	Tuesday: 2:15PM-3:15PM
Grade 2B	Tuesday: 10:00AM- 11:00AM
Grade 2C	Monday:11:30 AM- 12.30 PM
Grade 2A	Friday: 11:30AM-12:30PM
Grade 3A	Monday: 2:15PM-3:15PM
Grade 3B	Monday: 10:00AM-11:00AM
Grade 3-4 A	Friday: 12:30AM -1:30PM
Grade 4A	Tuesday: 9:00AM-10:00AM)
Grade 4B	Monday: 12:30PM-1:30PM
Grade 5A	Thursday: 9:00AM-10:00AM
Grade 5B	Wednesday: 12:30PM-1:30PM
Grade 6A	Tuesday: 12.30PM-1:30PM
Grade 6B	Monday: 9:00AM-10:00AM

- ✚ **Other information:** If you haven't already done so, please encourage your children to take up an organised extracurricular sport. See me if you need information regarding local sports clubs. Information regarding school sport can be found at the following link.

<https://www.ssv.vic.edu.au/Pages/default.aspx>

Regards,
Leo Damnic
Sports Coordinator and HPE Teacher.