

HEALTH & PHYSICAL EDUCATION



TERM 3 2018 with Mr Davis

Dear Parents

This term the student's sporting experiences will be Athletics based, in order to prepare children for our carnival at the conclusion of the term.

Health classes will follow a similar pattern, focussing on the benefits of Physical Activity and Healthy Eating.

YEAR 1,2 & 3

Sport - Students will learn and practice Spiky Ball, Flag Relay and Baton Relay in preparation for the carnival.

They will also learn correct sprinting technique and compete in 70 metre time trials that will influence the divisions they will compete in on carnival day.

Health - Topics this term will include:

- 'Core Foods' and importance of a balanced diet
- Packing a Healthy Lunchbox
- Food Groups
- Importance Of Physical Activity and how it affects our body
- Physical Activity in the community

YEAR 4, 5 & 6

Sport - Students will compete in 3 carnivals this term.

1. Cross Country
2. Jumps & Throws (Field Events)
3. Athletics Track Events

Sport classes will focus on the skills to prepare students for each of these carnivals.

This includes team game practice for Corner Spry, Leaderball, Baton Relay and Sprint Time trials.

Students will also learn the correct technique for Field Events that include : Turbo Javelin, Shot Put and Long Jump.

Health - Topics this term will include:

- Food groups and Nutrients
- Nutrition and Reading Labels
- Importance of Exercise and Fitness
- First Aid
- Importance of Personal Cleanliness

