

PE - TERM 4

The focus for all children in PE is having fun learning new skills through maximum participation and at the same time keeping fit and healthy.

Prep – Year 2

During term four, the children in prep, year one and year two will be continuing to learn and revise techniques for fundamental motor skills of rolling, throwing, catching, kicking, hitting and bouncing. Showing good sportsmanship and team work skills will be emphasised. Children will be encouraged to attempt all activities to the best of their ability.

Swimming Program- week one and week two – intensive program at Knox Leisureworks.

Years 3-6

The children in year three to six will be revising and extending their fundamental motor skills through modified games in pairs and small groups. Team work and sportsmanship will be emphasised. Grade 5 and 6 students will continue to train for summer sports in softball, rounders, cricket, volleyball and tennis hot shots.

Grade 5 and 6 children will be participating in the second Summer Interschool Sport day.

Selected grade 4, 5 and 6 children who were district athletic winners, will participate in the Knox Division Athletics on October 7th.

Tennis Hot Shots

All students will be involved in tennis Hot Shots sessions throughout the year. Please support the school by registering your details to receive a free t-shirt. Tennis Victoria gives the school \$2 for each student who registers so we are able to purchase some different sized racquets. Details were in last term's newsletters. Go online to register, ANZ tennis hot shots and select Regency Park icon.

Monique Hocking

(PE Co-ordinator)