

PE @ Modbury West with Miss Melanie Arnold



Term 4 Diary Dates

Week 2

Wednesday 24th
October
Whole School
Assembly

Week 4

Friday 9th Nov
Pupil Free Day

Week 5

Mon 12th – Friday 16th
November
Health & PE WEEK!

Tuesday 14th Nov
Active Australia Day
Life Be In It
Modbury West School

Friday 16th Nov
School Disco

Week 6

Mon 19th – Fri 23th Nov
SAPSASA Tennis &
Cricket

Week 8

Thursday 6th Dec
Evening on the Green
Modbury West School

Week 9

Friday 14th Dec
Last day of School

Sports Day

On **Thursday 27th September** we held our annual Modbury West School Sports Day. Thank you to the students, families and community for sharing this day with us and making it one to remember!

We had many 'firsts' this year, including **new events, face-painting, a drone, Captains & Vice Captains Performance**, support from **Valley View Secondary School** and a **record number** of families and friends on our grounds.

Well done the students for their sportsmanship, team work and effort throughout the lead up to the day and especially on the day. I would like to acknowledge the Sports Captains and Vice Captains who have spent countless break times working on their speeches, performances, Health Hustle and team ideas, an outstanding effort! **Congratulations to Kelly** who scored the most points on the day. Very close scores in the end. Any feedback or suggestions for 2019 please feel free to see me ☺



Week 5 of this Term is **Physical Education Week!** PE Week promotes the importance of Health and PE in the Australian Curriculum. We have lots planned to celebrate the importance of active and healthy living in the lives of our students at Modbury West School! It doesn't matter if you're a student, parent, caregiver, teacher or principal; we all have a role to play in helping young people take steps towards healthier and happier lives. Help us celebrate the health and wellbeing of our future generations this PE WEEK! Early this term a timetable of the events during the school week will be available.

Active Australia Day



'Life Be In It' is an organisation who promotes healthy active lifestyles by providing fun, enjoyable programs across all of Australia. On Tuesday 13th November, during PE Week, we are celebrating being active with Active Australia Day. On this day, Life Be In It will provide us with games including Earth Balls, Fire Fighters Mats and 4 way Tug of War! This is a whole school Reception – Year 7 event. A program of the special morning will be sent home closer to Week 5.



Turn over for the **2018 Whole School PE Program**. Please note – subject to change throughout the year.

Whole School PE Program 2018 @ MWS

Please note Program may be subject to change throughout the year

TERM	PE 'Even' Year	Whole School	District/SAPSASA	
1	JP	Team Building Badminton Fitness Testing Basketball	Year 3-5 Swim Lessons <i>Waterworld</i> (Tues – Fri Week 10) Cross Country <i>Modbury West</i> (Tuesday 10 th April Week 11)	District Swimming Carnival <i>Norwood Swim Centre</i> (Thursday 1 st March Wk 5) SAPSASA Swimming (Thurs 22 nd March Wk 8) SAPSASA Softball Girls & Boys Carnival (Wk 11)
	MP	Team Building Badminton Fitness Testing Basketball		
	UP	Team Building Badminton Fitness Testing Basketball		
2	JP	Gymnastics Netball	Gymnastics PE Lessons Open (TBA)	District Cross Country (Friday 11 th May Wk 2) SAPSASA Football & Netball (Week 5) SAPSASA Cross Country (Thurs 7 th June Wk 6) SAPSASA Hockey & Soccer (Week 9)
	MP	Gymnastics Netball		
	UP	Gymnastics Netball		
3	JP	Football Athletics/ Sports Day events	R – Year 2 Swim Lessons <i>Clovercrest State Pool</i> (Mon – Fri Week 4) Year 6/7 Aquatics (Fri 14 th Sept Wk 8) Sports Day (Thursday 27 th Sept Week 10)	SAPSASA Basketball Champs (26 th July Wk 1) District Athletics (Thursday 6 th Sept Wk 7) SAPSASA Athletics Day (Tues 25 th Sept Wk 10)
	MP	Football Athletics/ Sports Day events		
	UP	Football Athletics/ Sports Day events		
4	JP	Volleyball Fitness Testing Tennis	PE Week (Week 5) Life Be In It (Tuesday 13 th Nov Week 5)	SAPSASA Cricket & Tennis (Week 6)
	MP	Volleyball Fitness Testing Tennis		
	UP	Volleyball Fitness Testing Tennis		