

PE @ Modbury West with Miss Melanie Arnold



Term 1 Diary Dates

Week 5

Thursday 28th Feb
District Swimming
Carnival

Week 6

Friday 8th March
Mod West Cross
Country Carnival

Week 7

Monday 11th March
Public Holiday

Week 8

Tuesday 19th March
Mod West Athletics
Carnival

Week 9

Thursday 28th March
SAPSASA Swimming
Carnival

Week 10

Mon 1st – Fri 5th
Year 3-7 Swimming
Lessons

Thursday 4th April
District Cross Country
Carnival

Friday 5th April
Year 6/7 Aquatics

Week 11

Mon 8th – Fri 12th
SAPSASA Softball
Carnival Boys & Girls

I continue to have the best job, teaching PE to all the students at Modbury West School.

This year each class has an allocated **50min PE lesson** with me at least once a week. Lessons will be held in either the Gym, on the Oval or on the Courts. See the program on reverse for our focus topics for 2019.

I look forward to working with your child again or getting to know you and your child throughout 2019. Please do not hesitate to contact me if you have any questions, concerns or ideas. For those interested in supporting our sporting community, throughout the year I will seek interest from parents and families for assistance with our whole school sporting events. Stay tuned.



School, District, or SAPSASA?

At **Modbury West School** we encourage our students to be involved in as many sporting opportunities within our school, as well as outside of our school as possible.

Evidence suggests physically active children are more likely to mature into physically active adults.

School: We have numerous School events for all students as outlined in our PE Program (please turn over).

SAPSASA: We also have some sports where our Year 6/7 (and occasionally Year 5) students can compete against other students of their same age within our State, which is the **SAPSASA** events (South Australian Primary Schools Amateur Sports Association).

District: *Swimming, Cross Country and Athletics* are the three sports where students trial against other students from schools within our District. If they are selected at these District Carnivals, they go on to represent our District *Adelaide North East*, in the SAPSASA event. These three sports allow students from Year 4 (depending on year of birth) up to Year 7 students.

Other sports including Softball, Football, Netball, Basketball, Hockey, Soccer, Cricket & Tennis students are invited to trials.

Any questions please do not hesitate to ask me ☺



Sports Stars Cup!

At every **Whole school assembly** (Wednesday fortnight) I will award the Sports Stars Cup to one class who had the best PE lesson - by making great choices, trying their best, and showing our school values. The lucky class will keep the cup in their classroom for 2 weeks.

Turn over for the **2019 Whole School PE Program**. Please note – subject to change throughout the year.

Please ensure your child is dressed appropriately for PE lessons. Slip on shoes etc make it challenging for students to fully participate.

Thank you for your support.