

## Physical Education Program 2023

The students are introduced to a variety of different skills and activities that will promote an active and healthy lifestyle.

Teacher – Alex Avramoski Foundation and Grades 3 to 6.

Teacher – Amanda Rowe Grade 1 and 2.

Foundation – The foundation students will be introduced to Physical Education with our Perceptual Motor Program (PMP). Within this program, students will learn about how to move their bodies, the different movement concepts and develop their fine motor skills.

Grade 1 and 2 – The grade 1 and 2 students will be working on ball skills. They will spend time developing various skills to help them with throwing, catching, rolling & bouncing.

Grade 3 and 4 – The grade 3 and 4 students will be introduced to a variety of skills that will allow them to participate in different sports. They will be given time to practice and develop basic skills such as throwing and catching, as well as learn how to play different sports and participate in related minor games.

Grade 5 and 6 – The grade 5 and 6 students will be given time to develop their basic skills in preparation for their summer sports fixtures. Additionally, students will participate in minor and major games that will introduce them to the concepts of organised sports.

### Summer Sports Fixture

The grade 5 and 6 students will participate in a round robin tournament against other schools in the area throughout term 1. The sports we will be offering are:

- Hot shots tennis
- Mixed Basketball
- Girls Basketball
- Boys Teeball
- Girls Teeball

### Swimming Program

All students will be given the opportunity to participate in water safety and swimming lessons during weeks 7 and 8 of term 1.

### Soccer Gala Day

During the last week of term 1 (week 9), grade 5 and 6 students will be given the opportunity to participate in a Soccer Gala Day. SAMPS will take a boys and girls team to participate in multiple soccer games against other schools.

