

WHAT'S ON IN Phys Ed

Term 1

LET'S GET FIT!!



What an awesome start to the year every student has made.

It is a privilege to again be teaching Physical Education at Wandin North.

During Term 1, Grades 1 to Grade 6 are focusing on our **personal fitness** goals. Running a complete lap of the fitness track, improving our time and understanding why and how our bodies need to warm up and respond to different types of activities. I have been especially impressed by the continued **self-motivation** by most students and the hesitant few have done a complete 180. They are on board using **positive talk** to share why they are excited to improve their fitness levels.

I encourage every student to **keep moving** both in and outside of school. There is a link between movement and getting your brain activated and ready for the learning day. Some students have even reported back to me how they have started moving more in the mornings, getting their brains ready to focus and learn.

The **Preps** this Term are focusing on game play, fundamental movements, understanding rules and team work. Also some PMP towards the second half of the term. Plus a fun way to act, dance and be a dinosaur!! There is a lot of excitement during Phys Ed which is absolutely fabulous to see.

Grade 1 & 2 are focusing on throwing techniques for accuracy and control over a variety of distances. Both underarm and overarm using a variety of sized balls and thinking about where and when to transfer their weight. Students are discovering the importance of accuracy in game play and applying the throwing skills in their own games.

Grade 3 – 6 are practising, learning and mastering a variety of athletics techniques. Practising for a different event each week, learning the rules and preparing for the District athletics day in Term 2. It is especially exciting for the Grade 3's who will be attending their first athletics day. Some focuses have been sprints, long distance, discus, shot put, high jump and more.



Congratulations to the students that competed in the District swimming competition Abby Akers, Ava Broadley, Cottia Sikhali, Max Delacey and Bethany Vaughan. And a special congratulations to Isis Dewhurst-Sibley who qualified to compete in the Division Swimming round. Good luck in the 50m Butterfly

Thank you for reading...From Kristy Kennedy