**Specialist PE/Health at Craigburn Primary School**

**Information for Parents 2018**

**Specialist PE Lessons**

In 2018 all classes will be involved in weekly specialist physical education lessons of 50 or 70 mins with Karen Pettman on Tuesday, Thursday or Friday or Geoff James on Monday or Wednesday. Reception – Year 2 classes and Year 5 – 7 students will have PE lessons with Karen, Year 3/4 and 5 classes will have PE lessons with Geoff.

The PE component of the Health & PE curriculum is described as: ***Movement and Physical Activity*** with 3 sub strands in Moving Our body, Understanding movement and Learning through movement***.*** A main focus across all year levels will be on sportsmanship. co-operation, teamwork and participation.

***Reception – Year 2*** classes will be involved in PE lessons aimed at students actively participating in games and activities to develop fundamental movement skills, spatial awareness, co-ordination, locomotor skills, ball skills and striking skills.

***Year 3 – 4*** classeswill be involved in games, activities and tasks incorporating specific sports skills and games involving problem solving, with further development of fundamental movement skills, ball skills and striking skills through invasion, target, striking/fielding and net/wall games.

***Year 5 – 7*** classes will be involved in PE lessons using fundamental movement skills and sports skills in modified sports specific games. Problem solving, strategic thinking and critical reflection will be encouraged as students enhance and modify games.

Students are continually assessed using the Australian Curriculum in Health and Physical Education in the strands of Movement and Physical Activity.

**Specialist Health Lessons**

The Health component of the broader Health & PE Curriculum for Yr 3/4 classes will be delivered with 50 min lessons by Geoff James, with classroom teachers providing supplementary lessons or integrated themes where appropriate.

The Health curriculum component is described as ***Personal, Social and Community Health*** in 3 sub-strands: Being healthy, safe and active, Communicating and interacting for health and wellbeing, Contributing to healthy and active communities.

In ***Year 3 and 4*** students will begin to explore personal and social factors that support and contribute to their identities and emotional responses in varying situations This includes exploring strategies to build and maintain respectful relationships, making health-enhancing and safe decisions, and interpreting health messages to take action to enhance one’s own health and well being. **Central learning themes** will include; safety, food and nutrition, health benefits of physical activity, mental health and wellbeing, positive relationships

Assessment and reporting in Health will be conducted in collaboration with class teachers.

**Premier’s Be Active Challenge**

All students at Craigburn are encouraged to participate in the Premiers Be Active Challenge, which is a program for all South Australian children. The challenge is to be physically active for 60 minutes a day for 5 days a week, for 4 weeks. If students achieve this, they receive a medal in recognition of the number of years they have completed the challenge. Activities include not only sports but also active chores, walking the dog, gardening, riding bikes, dance plus many more active tasks.

**Sports Day**

This year our Sports Day will be held on Friday 23rd March. When students start school they are assigned to a house team being Bradman, Fraser, Riley or Woodforde. On sports day classes are involved in a range of tabloid and athletic events on the school oval, courts and gym. Year 7 students have the opportunity to nominate for a leadership role for Sports Day House Leaders. Families and friends are encouraged to join the students on this day.

**Sapsasa**

Craigburn Primary School has a strong history in participation in the South Australian Primary Schools Amateur Sports Association (Sapsasa) competition. There are 3 levels of Sapsasa teams/sports: knockout (school based), district and state. We are part of the Southern Heights District and enter into a wide variety of Sapsasa events throughout the year.  Team sports are generally for Year 6/7 students and individual sports for students 10-13 years of age. Sapsasa information will be published on the school blog Craigburn Connections, daily student notices & Sapsasa notice board.

**Sports Expo**

Each year in Term 4 schools throughout South Australia celebrate PE Week. Physical Education Week promotes the importance of Health & PE in the Australian Curriculum, and highlights the importance of Health & PE to the learning and development of children and young people. Here at Craigburn we hold 3 full days of Sports Expos to celebrate PE week where the students have the chance to participate in a variety of activities and learn new skills, while connecting with local sporting groups and organisations in the community.

Should you require further information about Specialist PE at Craigburn Primary School please feel free to contact Karen via email at karen.pettman675@schools.sa.edu.au or Geoff.james871@schools.sa.edu.au

**Karen Pettman Geoff James**

**0.6 Specialist PE Teacher 0.4 Specialist Health/PE Teacher**

**Reception – Yr 2 & Yr 5 – 7 classes Yr 3 – 5 PE & Yr 3 – 4 Health**