Preps
The Prep sessions will be concentrating on introducing F.M.S (Fundamental Motor Skills) and introducing and exploring various equipment. Simple ball handling skills will be introduced using a variety of equipment including beanbags and soft balls to throw, catch and bounce together. There will also be sessions with a P.M.P (Perceptual Motor Program) focus on improving body awareness, movement and coordination through a number of rotated activities. Prep children will be introduced to a number of simple co-operative and traditional games to develop team and house participation.

Year 1 & 2
The Year 1 & 2 children will be introduced to a number of ball handling and co-operative activities together with appropriate F.M.S (Fundamental Motor Skills) in the areas of running, catching, bouncing and throwing. A series of skills associated with minor games such as relays, mini matball and kickball using modified equipment will also be introduced with the emphasis on fun and participation in house teams.

Year 3 & 4
The Year 3 & 4 students will revise throwing and catching, together with the introduction of modified games including modified kickball, kanga cricket and tee ball. Skills including batting and fielding will be introduced. Basketball and Soccer Gala Days are planned to take place in the second half of the year with other schools in our district.

Year 5 & 6
The Year 5 & 6 P.E. sessions will centre on improving ball handling skills and appropriate FMS (Fundamental Motor Skills). Netball skills that will be undertaken in PE and Sport sessions include passing, goal shooting and game rules and tactics. A fitness unit will also be undertaken. A Netball Gala Day with other schools in our district is scheduled for Year 5 & 6 students on Friday 6th March at Duncan McKinnon Netball Courts.

House Swimming Sports
All Year 3, 4, 5 & 6 students also participated recently in our exciting House Swimming Sports at Prahran Aquatics Centre in February. Following these sports, a selected group of Year 3, 4, 5 & 6 students will represent Armadale P.S. at the Southport District Swimming Carnival at Prahran Pool.

Upcoming Programs
Tri Skills Gymnastics and Footsteps Dance classes for Year Prep-6 will take place in term 2 & 3. Swimming classes at Lauriston Swimming Pool will commence for all levels later in the year (Year 3-6 in Term 2 and Year Prep - 2 in term 4) focussing on stroke development and water safety areas.

Reminders
A reminder that all children require suitable footwear and clothing for all P.E./Sport sessions Surf footwear, boots and sandals are not appropriate (please check your child’s timetable) I also encourage children to bring along sports equipment from home to use in the playground. Limited borrowing from our sports shed at lunch recesses is also available. Sunhats are compulsory during term 1 and 4 and all children should be encouraged to be sunsmart, including the regular use of sunscreen and use of water bottles.

We look forward to an exciting term ahead. If you have any further queries please contact me.

Peter Cracknell
P.E. & Sport Coordinator