

## HEALTH AND PHYSICAL EDUCATION

Health and Physical Education at St Andrew's Catholic Primary School is seen as an integral part of the school curriculum and the development of the whole person. We strive for 'personal best' in the development of all students' skills and abilities, so that all students may reach their full potential and understand the importance of Health and Physical Education in their lives.

At St Andrew's, we have a broad and exciting variety of sports and activities that we offer the children throughout each term. In the Early Years, students are immersed with activities that are fun, safe and help students to foster a love for physical activities, instil physical fitness, fine and gross motor skills, develop co-ordination, cooperation with peers, learn leadership skills, develop initiative, improve self-resilience, honesty and develop their own personal Fundamental movement skills.

Students throughout the whole school are exposed to traditional sports including AFL, cricket, tennis, soccer, ruby, netball, t-ball and basketball as examples throughout the year. These are taught as modified games to maximize participation. Students are also introduced to sports that they might not be familiar with, including: Ultimate Frisbee, Mod-Crosse, Volleyball, Badminton, squash, orienteering and golf as examples. Different sports are introduced, at different year levels, throughout your child's schooling years.

Students, at appropriate ages, are invited to participate in before and after school sporting activities. The information is provided to parents via the school newsletter.

The students at St Andrew's participate in a number of intra and inter-school events including: Cross Country's, Athletics Carnivals, Extreme Games, Tabloid Games, Lightning Carnivals, Aqua Fun Day and swimming lessons.

Our school welcomes full community involvement, so that students, staff, parents and the wider community feel a part of St Andrew's Catholic Primary School via our physical and health education program.

