



12 February 2020

3-6 Sport in 2020

During 2020 students in Stage 2 & 3 will be participating in Penrith Cup Gala Days. Students will be engaging in a range of different sports across 5 week blocks throughout the year. In addition to the hour of sport each week, students will participate in the mandatory 90 minutes of fitness a week which aims to improve the overall fitness and wellbeing of students and develop specific skills to ensure maximum participation in all sporting activities.

Within the 5 week block students are taught the skills needed to play the specific sport successfully. At the conclusion of the 5 week block the teachers will select teams to participate in a Penrith Cup Gala day focused around playing the sport in a non-competitive environment and provide further opportunity to develop the student's skills. All students will participate in these lessons and teachers will be observing their skills and sportsmanship.

Teams will be chosen on a Friday during sport time a week before each Penrith Cup. Each student has the opportunity to participate and those selected will be given a note on the day. Our aim is to involve as many students as we can throughout the year.

Stage 3 student will also have the opportunity to trial for Penrith Zone team selections. In most cases we are only able to send 3 students to these trials. Students will be informed about the sports on offer and when trials will be occurring at morning lines, after recess & after lunch.

If you have any further questions, queries or concerns please do not hesitate to come and see Miss Sutherland.

Yours in sport,

Miss Sutherland
Sport Coordinator

Mrs Kathy Browne
Principal

PDHPE			
	SPORT		Fitness
T1	Cricket <u>Gala Day:</u> Wk 5 28.2.20	AFL <u>Gala Day:</u> Wk 10 3.4.20	Various Games & Activities. *Cross Country practise & skills
T2	League Tag <u>Gala Day:</u> Wk 4 22.5.20	Netball <u>Gala Day:</u> Wk 10 3.7.20	Various Games & Activities. *Athletics practise & skills
T3	Soccer <u>Gala Day:</u> Wk 4 14.8.20	Touch <u>Gala Day:</u> Wk 10 25.9.20	Various Games & Activities. Students rotate through activities with various teachers across the stage.
T4	Basketball <u>Gala Day:</u> Wk 6 20.11.20	Various Sports	Various Games & Activities. Students rotate through activities with various teachers across the stage.