

## HEALTH AND PHYSICAL EDUCATION

Children are involved in a variety of sports, which aim to improve their physical fitness and co-ordination. Our emphasis is on enjoyment, skill development and willing participation.

In the younger classes the emphasis is on the development of motor skills, co-ordination and team participation. Kindergarten students participate in an intensive Gross Motor Program.

The Health and Physical Education curriculum focuses on students:

- Taking action to promote health;
- Being physically skilled and active; and
- Managing self and relationships.

Specialist skill development officers from a variety of sporting organisations conduct sporting clinics for children from Kindergarten to Year 6. Regular exercise and fitness are an internal component of the curriculum.

Children have the opportunity to represent the school in a wide variety of sports at school, district, state and national level.

