

## Health and Physical Education

At Saint Francis Xavier School each child is involved in some form of physical activity designed to help and maintain an adequate level of fitness; to improve gross motor skills; to aid in the development of fine motor skills and to introduce skills required for participation in leisure sports. It has been demonstrated that participation in physical activities will not only achieve these ideals but they also enhance academic achievement. This will be achieved by using the new National Curriculum for Health and Physical Education. The new curriculum is split into 2 different strands – Personal, social and community health and Movement and Physical activity and this will be achieved, with the assistants of the classroom teachers and the schools' full time physical education teacher, Mrs Kerry Hazelwood.



All children from prep to year 6 will be involved in a number of different sporting opportunity during their time at Saint Francis Xavier from swimming lessons (year 1 & 2 only), weekly Physical Education lessons, Sporting Carnival (Swimming; 8 – 13 years, Cross Country and Athletics; Prep to year 6), Interschool Sport (for students in years 4, 5 & 6).

During term 4, all students in year 6 will take part in a 5 x 1 .5 hour weekly sailing lessons, with a sailing regatta to take place at the end.

Interschool Sport is a opportunity for all children in grades 4, 5 & 6 to be engaged in weekly competitive sport, with children from a number of other catholic schools on the coast. The sports that your child/ren may choose from are; Netball, Touch, Soccer, AFL, League, Basketball. All of these sports will be played in year levels not by age group.

