Dear Parents

It gives me enormous pleasure in welcoming you to what promises to be a very exciting school year! My name is James Moio and I will be the new physical education teacher at Watsonia Primary School. I am very eager about the year ahead and am looking forward to instilling a very diverse and comprehensive physical education and sports program. The overall aim of the program will be to build the foundations of healthy and active lifestyles and give an opportunity for each student to enjoy, succeed and be challenged in a range of different sports and skills.

PREP

Preps will begin their development of key motor skills through a number of activities in differing environments. They will also be involved in the perceptual motor program (PMP) which is specifically designed to develop skills relating to balance, hand-eye and eye-foot co-ordination, locomotion and fitness. Parental assistance is encouraged in order for the program to run successfully.

GRADE 1/2

Grade 1 & 2 will continue to develop and refine their motor skills in a range of environments using different equipment. They will also be introduced to health concepts such as healthy eating and the importance of physical activity.

GRADE 3-6

Grade 3-6 will be introduced to a range of complex motor skills through a variety of sport specific games and activities. The ultimate objective is for all students to master the fundamental motor skills and to have a sound understanding of key concepts such as game knowledge, strategising and working in teams to achieve goals. Students will also have an opportunity to learn the rules of different sports through umpiring. As well as understand the importance of safety in physical education and learn the value of health and fitness in everyday life.

The 2015 interschool sports program will begin with the District Swimming Carnival for grades 3-6. The carnival will be held on the 23rd of February when selected students will be competing against other Watsonia District schools. Term 1 also signifies the Interschool Summer Sports program for grades 5-6. Every Friday selected students will be given an opportunity to represent the school and compete against other Watsonia District schools in the Summer Sports of Basketball, Cricket or Bat Tennis. Parents and extended family are welcome and encouraged to come along and support the students in all sporting competitions.

Watsonia Primary School is a Sun Smart school and therefore all students are encouraged to bring adequate sun protection when involved in any outdoor activity, this includes a hat and sunscreen. Also I would highly recommend that all students bring a water bottle to school each day (whether you have PE, interschool sport or not!). Drink plenty of water throughout the day, keeping hydrated will allow students to maintain concentration and performance levels!

It will also be my pleasure to announce the 2015 SAM’s leaders in the coming weeks. I am very much looking forward to seeing these leaders taking great pride in supervising and managing the sports equipment borrowing system and making sure that all students are playing safely and cooperatively during lunch breaks!

I look forward to an exciting and fun year with all students, if you have any queries or concerns please do not hesitate to contact me by emailing or phoning the school for an appointment or chat.

Mr James Moio

Physical Education Teacher