



# PHYSICAL EDUCATION

*Teacher: Mr Schweda*

*Physical Education is the most effective means of providing all students with the skills, attitude, values, knowledge and understanding for lifelong participation in society.*

## *Hello and Welcome to the Phys-Ed Program for 2023!*

At Two Rocks Primary School we believe in making sure that all of our students are active and healthy citizens. We place a strong emphasis on physical education and our students are exposed to this via weekly PE lessons delivered by a specialist teacher.

We expose our students to a rigorous and purposeful program that aims to build their core fundamental motor skills from an early age through to our older students applying their high levels of skills in structured activities, games, and sports.

In addition to this, our Year 4-6s also participate in dedicated Friday afternoon sport lessons which are facilitated by classroom teachers. This is aimed at building the capacity of our students to work as part of a team and within a cooperative environment.

Students at Two Rocks Primary School engage in whole school events such as our annual Cross Country and Faction Carnival.

As a school we involved with inter-school sporting events that are organised by the Bush to Beach Network. This involves Cross Country, Winter, Athletics and TeeBall Carnivals.

Please ensure students wear enclosed shoes and have a water bottle for Physical Education lessons.

