



# GLENHAVEN PUBLIC SCHOOL

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8 April 2024

Dear Parents/Caregivers,

## YEARS 2-6 ATHLETICS PROGRAM TERM 2

This term students will be offered the opportunity to participate in an Athletics Program as an extension to our PDHPE Program. The school offers this program, and it is run by qualified instructors from 'Be Skilled Be Fit'. Be Skilled Be Fit bring along all equipment including mats, discus, shot puts and all other required equipment. Classroom teachers will accompany the students and be involved in the running of these sessions.

<b>When:</b>	Monday 20 May or Tuesday 21 May Monday 27 May or Tuesday 28 May Monday 3 June or Tuesday 4 June Monday 17 June or Tuesday 18 June Monday 24 June or Tuesday 25 June Monday 1 July or Tuesday 2 July
<b>Location:</b>	School Hall
<b>Cost:</b>	\$42.00 per student.

Be Skilled Be Fit's sequential learning Athletics Program emphasises the fundamental development phases pertinent to all areas of athletics:

1. Running Technique & Relays 2. Discus 3. Shot Put 4. Long Jump 5. High Jump

The Athletics Program contributes to the well-being of the student by developing correct body alignment, general body control and spatial awareness.

Structure of the Lessons: Warm-up, explanation and instruction period followed by the body of the lesson and then lesson review.

Outcome of the programs: To increase student confidence, understanding of rules, skills and to increase ability to successfully participate in athletics.

In order for your child to participate in this event, please complete online consent and make payment via the payment portal, no later than **Friday 3 May 2024**.

Parents who are unable to meet all or part of the expenses associated with this excursion are advised to contact the school to discuss options available prior to the due date.

I acknowledge that this event/activity is required to be held in accordance with any current NSW Health and NSW Department of Education's policies and procedures. I acknowledge and accept that there is a risk that my child may be exposed to COVID-19 whilst attending and participating at this event. I confirm that my child will not attend if displaying any symptoms of illness.

David Reid  
**Program Coordinator**

Kerry Maxwell  
**Principal**