



Dear Parents

Welcome to Physical Education at Lavalla in 2023. I am looking forward to the sporting year ahead.

The table below indicates when each class has Physical Education. Please ensure that your child wears their sport uniform; **blue sports top** and blue shorts to school on this day, including a hat and drink bottle.

YEAR 3 BLUE	Friday	11:00am-11:45am
YEAR 3 GREEN	Tuesday	11:00am-11:45am
YEAR 3 RED	Tuesday	11:45am-12:30pm
YEAR 4 BLUE	Friday	11:45am-12:30pm
YEAR 4 GREEN	Friday	1:15pm-2:00pm
YEAR 4 RED	Friday	2:00pm-2:45pm
YEAR 5 BLUE	Tuesday	1:15pm-2:00pm
YEAR 5 GREEN	Tuesday	9:00am-9:45am
YEAR 5 RED	Tuesday	9:45am-10:30am
YEAR 6 BLUE	Wednesday	9:45am-10:30am
YEAR 6 GREEN	Tuesday	2:00pm-2:45pm
YEAR 6 RED	Wednesday	9:00am-9:45am

Mrs Lara Vlahov will be teaching the Year 4 Physical Education lessons.

In Weeks 3-5 of Term One, we will be completing a unit of swimming during the Physical Education lesson. The aim of the lesson is water safety and familiarising students with the College pool, prior to the swimming carnival.

Students are required wear their sports uniform and pack their school bathers, school rash vest, towel, goggles (if needed) along with appropriate footwear to walk up to the pool. The students will have time to get changed before and after each lesson.

If you have any concerns regarding your child's swimming ability, please let me know via the email below. Most of the lesson is conducted in the shallow end of the pool and students will have the option to have a floatation device at all times.

Challenge — Collaborate — Create — Celebrate

Unit Sport

Students will participate in Unit Sport once a week with the classroom teachers and the whole year group participates in a variety of sports. Students should wear the sport uniform with their **faction shirt** on this day.

Year 3	Monday
Year 4	Thursday
Year 5	Monday
Year 6	Thursday

Y3-6 Swimming Trials – Thursday 16 February

Swimming trials will be held for each year group in preparation for the swimming carnival being held on **Friday 3 March**. We encourage all students to nominate an event. Based on their trial results, they will be allocated to their swim carnival events. Students who have fewer than two races will be included in the novelty relay.

All races and relays receive faction points. I have highlighted the events that receive individual championship points. Students can only participate in a 25 metre or a 50 metre race for each stroke, not both.

YEAR 3	YEAR 4	YEAR 5	YEAR 6
25m Freestyle	25m Freestyle	25m Freestyle	25m Freestyle
50m Freestyle	50m Freestyle	50m Freestyle	50m Freestyle
25m Breastroke	25m Breastroke	25m Breastroke	25m Breastroke
25m Backstroke	50m Breastroke	50m Breastroke	50m Breastroke
25m Butterfly	50m Backstroke	50m Backstroke	50m Backstroke
Novelty relay	25m Butterfly	50m Butterfly	50m Butterfly
	Novelty relay	Novelty relay	Novelty relay

The Lavalla swim carnival will take place on **Friday 3 March**. Further information will be sent out via Seesaw in the upcoming weeks.

If students cannot participate in Physical Education lessons for any reason, please provide a note or send an email to tash.richards@newman.wa.edu.au

Yours sincerely



Tasha Richards
HEATH AND PHYSICAL EDUCATION TEACHER Y3-6

10 February 2023

