

25 February 2019

Dear Parents & Families,

YEAR 8 ATHLETICS DAY
Wednesday 6 March 10.30-3.30pm

On Wednesday 6 March all year 8 students will be involved in Athletics practice and testing in preparation for Sports Day (Friday 15 March) during block 2 and 3.

Year 8 students have undertaken skill development in the following areas during PE, Health and SSC lessons and are expected to participate:

- 100 metre sprint
- Long / triple jump
- High jump
- Discus
- Shot put
- Javelin

From the results a shield will be awarded to the house that scores the most points based on results in each activity. The highest individual achievers on the day will be selected to represent their house on Sports Day, Friday 15 March.

Athletics Day offers the chance for students to work together in house teams and to score as many points as possible. Students gain one point just for joining in and if they reach set levels additional performance bonus points are awarded. House Captains will lead each group to their various events and teachers will be present to oversee each activity.

Tents, water provisions and Auscreen SPF 50+ sunscreen will be provided, however, students should ensure they are well hydrated, bring their own water bottles for refilling and wear a hat. To ensure the wellbeing of all students and staff the weather will be monitored throughout the day. Students wear their PE shirt and shorts on the day. Should you have any concerns please call Heather Lee SSC Sport officer on 0428 993 859.

Regards,



Dan Gale
SSC/HPE/Oed Lead Teacher



Ben Woodhouse
SSC Lead Teacher



Shane Cunningham
Deputy Principal