



PHYSICAL EDUCATION

Mount Eliza North Primary School



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PHYSICAL EDUCATION

Mount Eliza North Primary School's well structured Physical Education Program promotes the health and well being essential to a balanced lifestyle. The program aims to make the student's participation in physical activity an enjoyable and rewarding experience. It also reinforces the benefits and importance of physical activity in today's society.

MULTI-AGE

In Multi-Age the P.E. Program focuses on self-awareness, fitness and fundamental motor skills. Children enjoy various activities including movement, dance, ball skills, gymnastics, minor games and swimming.



YEARS 3-6

The Year 3-6 P.E. Program builds on the skills developed in the Junior School. In addition, endurance, major games and athletics are an integral component of the curriculum. House and Inter school competitions assist in building the values of fair play and sportsmanship

Zone Sports – Our senior children participate in interschool sport in a range of sports. Children and teams which are successful at the local level are able to participate in the Zone finals. Children successful at Zone level move on to state and national competitions.

CAMPS

Mount Eliza North Primary School's Outdoor Education Program provides opportunities for students to develop positive relationships. It encourages children's participation in a range of safe, developmentally appropriate activities.

- Year 3 - Phillip Island
- Year 4 - Healesville
- Year 5 - Coonawarra
- Year 6 - Canberra

HEALTH

Mount Eliza North Primary School employs a school nurse. As well as dispensing first aid the nurse supports the curriculum health focus by providing practical sessions highlighting the importance of healthy lifestyles.

SWIMMING

Students from Prep to Grade 5 participate in a five day intensive swimming program conducted at the Somerville Health & Aquatic Centre. The sessions deal with stroke development and technique, water safety and survival skills following R.L.S.S.A. guidelines.

The Grade 6 students spend a day at Mt Martha Life Saving Club learning lifesaving skills.

