



Physical Education Newsletter



22nd August, 2014



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Physical Education in Term 1

Dear Parents,

Welcome back to Kennedy School. This newsletter is to inform you of all the activities happening in Physical Education during the Autumn Term.

Physical Education Lessons

Every class receives a 45 minute PE lesson with me in the gym. For PE lessons children are required to wear their **PE kit**. The kit consists of a House shirt, purple shorts and white socks. The school kit is available from the PTA Office. Over the last year the school has commenced the process of upgrading the PE kit so your child is welcome to wear their old kit until they grow out of it.



In accordance with the Hong Kong Department of Education and ESF **Health and Safety policy** please ensure that all jewellery is removed prior to lessons. Earrings should be studs and not large or hooped as these are unsafe for physical activities.

Jewellery should be left in the classroom or at home as we cannot take any responsibility for any valuables left in the gym.

Religious bands must be covered with a sweat band and religious necklaces worn beneath an undershirt to prevent the risk of them getting caught in apparatus.

Swimming



The school swimming programme will commence next week. Please see the schedule below. An updated copy will also be in the school newsletter each week.

All children are required to attend these lessons. Please provide a valid doctor's note should your child be unable to swim.

In Term 1 swimming caters for children from Year 2-6. Year 1 swim in Term 3.

Year 2 pupils will have two swimming lessons a week in Term 1. Year 3-6 children will have one lesson a week.

Cost is \$70 per child, per session. So the total cost for Year 2 will be \$840 and for Year 3-6 the total cost will be \$420. The swimming fees are added to the Termly Costs. This price is excellent value and covers the cost of the swimming teacher and the hire of the pool.

In case of inclement weather the swimming teachers will go to the classroom and teach water safety to the younger students and simple, practical water safety techniques to the older children.

To be prepared for swimming every child requires:

- School swimming kit.
- Swimming cap for ALL children with hair below the tips of their ears.
- Large white t-shirt or swim robe
- Waterproof shoes, crocs or sandals for walking to and from the pool.
- Large towel, preferably a beach towel.
- A strong waterproof bag.

Swimming kit, swim caps and swimming bags are all available from the PTA Office.

A rash vest is highly recommended for sun protection but are not compulsory. Swimming goggles are also recommended. Please ensure these are measured to fit your child prior to their lesson to avoid your child losing pool time.

Autumn Term Swimming, Week 1, 25 - 29 August				
Monday	Tuesday	Wednesday	Thursday	Friday
Aug 25	Aug 26	Aug 27	Aug 28	Aug 29
8:45 - 9:15 5H	8:45 - 9:15 2C		8:45-9:15 2C	8:45 - 9:15 2R
9:15 - 9:45 6A	9:15 - 9:45 2R	Pool	9:15 - 9:45 2B	9:15 - 9:45 2B
9:45 - 10:15 4C	9:45 - 10:15 4D	not	9:45 - 10:15 4J	9:45 - 10:15 2A
10:15 - 10:45 Break	10:15 - 10:45 Break	available.	10:15 - 10:45 Break	10:15 - 10:45 2T
10:45 - 11:15 3N	10:45 - 11:15 5P		10:45 - 11:15 5K	10:45 - 11:15 Break
11:15 - 11:45 3M	11:15 - 11:45 3W		11:15 - 11:45 5R	11:15 - 11:45 3C
11:45 - 12:15 4S	11:45 - 12:15 6D		11:45 - 12:15 6P	11:45 - 12:15 6R
				12:15 - 12:45 6T

Games

After half term the Games Programme for all year groups will commence.

Year 1-3 students will practice their general gross motor and fine motor skills using a wide range of equipment. Year 4-6 students receive sports specific training. At Kennedy our main sports for Games are touch rugby, hockey and netball. Children from Year 4-6 will rotate through these sports during the Games Programme. We will display a schedule on the PE Noticeboard outside the gym and include a copy in the school newsletter closer to the time.

For games your child will wear their PE kit. Certain safety equipment is also necessary for some activities in Year 4-6.

Hockey - In accordance to the Hong Kong Hockey Association all children must wear shin pads and a mouthguard for protection. These are available from the PTA Office as are long games socks to tuck shin pads in to.



For touch **rugby** we strongly recommend the wearing of a mouthguard but this is not compulsory.

Perceptual Motor Programme



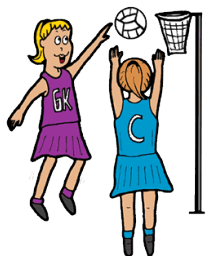
After the October half term Year 1 & 2 students participate in the Perceptual Motor Programme during their PE lessons. The PMP works to develop children's physical motor skills that provide the foundations necessary for success in their early school years. During these lessons each class is split into five groups with each group rotating through five different activities. The activities include: fitness, locomotion, balance as well as hand, eye, feet coordination.

To enhance the learning experience of the Year 1 & 2 children we require parental support to guide children working at stations not supervised by either myself or the school team. Please let your class parent know if you are interested in getting involved.

After School Sports

Next week trials commence for Year 5 & 6 Football and Year 5 & 6 Netball.

The **Football Trials** will run between 3:15pm and 4:30pm on Tuesday 26th August and Tuesday 2nd September.



The **Netball Trials** will run between 3:15pm and 4:15pm on Wednesday 27th August and Wednesday 3rd September.

A sign-up sheet for both trials can be found in the school office. Only those children who sign up can attend the trials.

Please ensure your child arrives promptly outside the gym in appropriate sports clothing on the day of their trial.

I will email all the parents of those children who attend the trials to inform you of who has been selected for each squad.



Follow us on Twitter @kennedyschoolpe for regular updates.

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