

# Physical Education with Mr Waller

Hi, my name is Peter Waller and I teach Physical Education here at East Para Primary School. I have been teaching at East Para since 2010.



On this web link you will read about our

- Physical Education classes
- Sports Day
- School Captains Program
- SAPSASA Carnivals and East Para Sporting Events
- Additional PE opportunities available to students during school hours

## Physical Education Lessons

In 2021 each classroom has 90 minutes per week of Physical Education lessons with Mr Waller.

The primary classes have a 90 minute block lesson. Junior primary classes have two x 45minute lessons.

Classes focus on three areas

- Skill development
- Game understanding and
- Participation

Below are pictures of student experiences in PE lessons.









# Sports Day

Sports Day is an annual event held at East Para during Term 4.

The day is split into two parts : The Tabloid Competition (9am to 12:35pm) and the Athletic Competition (1:15pm to 3:15pm).

In the Tabloid Competition the Junior Primary students participate in

- Basketball / Netball Shot
- Parachute
- Tunnel Ball
- Accuracy Throw
- Sack Race
- Car Wash Race
- Egg and Spoon Race
- Frisbee Throw
- Skipping
- Rebound Net Activities

The Upper Primary students participate in

- Long Jump
- Soccer Goal Kick
- Shot Put Roll
- 100m Sprint
- Marathon
- Class Choice Activity

The Athletic Competition runs after lunch, as the whole school gathers on the oval in house teams to watch the participants in sprinting events - 100m and 4 x 100m relay.

Sports Day is a highly attended and supported event by students, parents and families.

Our School Captains are highly involved in the running of the opening ceremony and athletic events, afternoon running races and presenting the day's awards at the closing ceremony.



# School Captains Program

Since 2019 I have been the lead teacher in managing the School Captains at East Para. Each year students and teachers select students to represent each house team through a voting process.

This process has eligible students nominate their desire to be part of the program. Students create a two-minute speech which is recorded and played to all students. All students vote on who they would like to be a School Captain.

This year we had two sets of school captains a Year 6 and Year 7 group.

I believe any student leadership team need to be active in our school community and make a positive difference to the school. School Captains bring ideas from students to the group which are discussed and action decided upon.

Below are pictures and a list of student led actions by our School Captain teams over the last three years. Each event, topic, project has been a direct result of an active student voice.

## **Ongoing Activities / Projects**

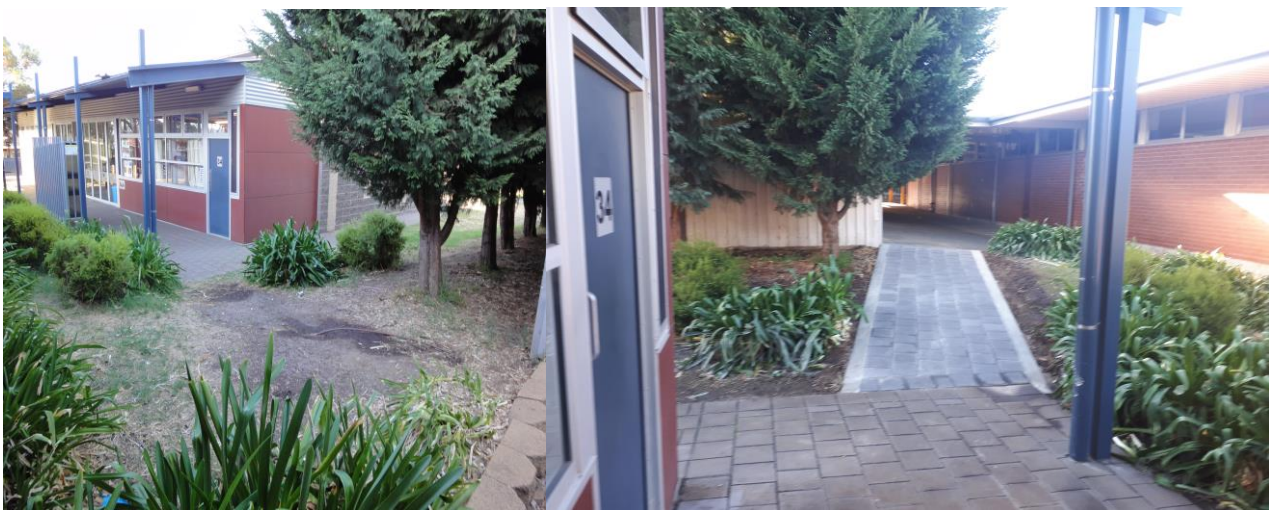
- Appointing Sports Day officials and house team organisers - since 2019
- Presenting House and Positive Play Points at each assembly
- Organising and presenting the school the yard play areas at the beginning of each year at assembly
- Establishing and the running the Friday lunchtime DJ Booth since 2019
- Leading a Korfball Team at the Korfball carnival – since 2019
- Managing the Discovery Centre Grand Prix Race 2019
- Managing either a Soccer Team or Umpiring Soccer Games at the Year 3-4-5 Soccer Tournament Day – since 2019
- Assisting with the Year 6 future School Captain Speech / Voting Day – since 2019
- Running the whole school assemblies to start and end each term – since 2020
- Instigating and running before school fitness games 2021

## **Completed Projects / Achievements**

- Organised the location of the new basketball ring and the painting of the netball courts 2019
- Organised the construction of a path from the hall to Room 34 in 2019
- Redesigned and organised the House Cheers and Team logos for display 2020
- Established the placement and painting of the new Korfball goals 2019
- Officials, class managers, track supervisors of the Discovery Centre Grand Prix Day
- Designed of our New Assembly Format, Parent/Student Survey 2019







Before and after photos of the new path created outside of GLA building through an active student voice.



2021 School Captains



## School SAPSASA Carnivals / At East Para Sporting Events Program

Students have two additional programs that run to support involvement in physical activity. SAPSASA Carnivals and East Para Sporting Events.



# School SAPSASA Carnivals

The SAPSASA Program is a highly successful program that runs throughout the year at East Para.

Students from Year 6 and 7 are given the opportunity to participate in a wide range of sporting carnivals each term as well as volunteering as coaches, and scorers for the day.

Our SAPSASA Program relies heavily on our great parent community, who support the program with transporting students to and from carnivals.



In 2018 we had **539 participants** at carnivals throughout the year.

This number was a 63% increase from the participants in 2017 and our highest participant total in my 10 years at the school.

In 2021 students may enter and compete in the following SAPSASA events:

- Swimming
- Lacrosse
- Athletics
- Cross Country
- Boys Netball
- Girls Soccer
- Boys Football
- Girls Netball
- Boys Soccer
- Girls Football
- Cricket





# At East Para Sporting Events Program

Since 2017, I have developed a range of “at East Para Sporting Events” for students to be involved in. These programs accommodate students in all year levels.

This has included the following sporting events

- Year 3 - 5 Soccer Tournament 2017 to present
- The Junior Primary School (Reception to Year 2) Grand Prix Event 2019
- Year 6/7 Table Tennis Challenge 2019
- Year 6/7 Basketball Challenge 2020
- Year 6/7 Badminton Challenge 2020
- Year 6/7 Korfbal Series 2017 to present
- Year 6/7 Soccer Challenge 2020
- Year 6/7 Golf Challenge at Penfield Golf Club 2019









---

# In School - Extra Sporting Opportunities

Each year specialised programs in Physical Education are engaged to further student's skill development.

Below is a list of programs available to students on top of the 90 minutes of Physical Education lessons with Mr Waller once a week.

---

## Tri Skills

Tri Skills is a gymnastics program that runs during Term 1. Students learn movement, balance / control and co-ordination skills in a fun, challenging setting in our school hall.



---

## Footsteps

Footsteps is a dance program that runs in Term 2. Students are involved in four x 45 minute sessions aimed at student participation, rhythm and controlled movements.

---

**For more information in regard to anything sporting, please contact the school and ask for Mr Peter Waller.**