

# Sport

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Sport and physical development plays a significant role in the physical, social and emotional development of all students. At Mary Help of Christians there are many opportunities for the students to participate in physical activity and develop the Fundamental Movement Skills that contribute to success in a wide variety of sports and games.

## **K-6 Physical Activity**

Years K-6, participates in a range of different sports throughout the year in learning groups. These lessons involve explicit teaching and learning of the Fundamental Movement Skills as well as participation in a range of sports. During Term 3, Stage 3 students participate in a Diocesan Gala Day and during Term 4, Stage 1 children participate in a learn to swim program. Many sporting teams and groups visit the school throughout the year.

Children are also provided with opportunities to represent Mary Help of Christians in a variety of sports at Zone, Diocesan, Polding and State level.

Mary Help of Christians have a number of teams that compete in a local competition.

## **School Carnivals**

Students are separated into 4 house colours and compete at three major carnivals throughout the year. They are advertised as fun and promote participation. These carnivals also provide opportunities to represent Mary Help of Christians at Zone, Diocesan, Polding and State level.

- Swimming Carnival - Term 1: Students from 3-6
- Cross Country - Term 1: All students
- Athletics -Term 2: All students