

5 October 2022

Dear Parents and Parent Liaisons,

RE: Year 9 Lifelong Physical Activity Program Term 4

As part of the Year 9 Physical Education Curriculum a new unit has been designed to focus on how participation in physical activity can enhance health-related fitness and wellbeing across the lifespan. Students learn to apply health and physical activity information to devise and implement personalised plans for maintaining healthy and active habits. They reflect on and refine personal and social skills as they participate in a range of physical activities and students learn how to take positive action to enhance their own and others' health, safety, and wellbeing.

Students will be participating in activities such as Pilates, Cycling, Boxing and Aerobics during their PE lessons. Professional instructors in these fields will be running these sessions.

Most activities will take place in the gymnasium at Alphington Grammar School. The spin class will be held at Platform 1 gym on 728 Heidelberg Rd, Alphington VIC 3078.

All sessions will be completed during their PE lessons.

DATES:

- Tuesday 11 October 11.40 – 1.10pm – Cycling & Pilates
- Wednesday 12 October 9.00 – 10.30am – Cycling
- Tuesday 18 October 11.40 – 1.10pm – Boxing
- Wednesday 19 October 9.00 – 10.30am – Boxing
- Tuesday 25 October 11.40 – 1.10pm – Gym & Pilates
- Wednesday 25 October 9.00 – 10.30am - Pilates

Please contact Ms. Olivia Rahme if you have any queries regarding the program

Thank you for your support.

Yours sincerely,



Olivia Rahme
Head of PE, Sport and Health