

25 January 2023

Dear Parents and Parent Liaisons,

RE: Years 7 – 9 Physical Education Program Term 1 2023 – Athletics Program

Commencing in Term 1 Week 5, all students from Years 7-9 will be participating in their annual Athletics Program. These sessions will be completed in their scheduled PE lessons. Professional instructors in these fields will be running these sessions.

Students will develop and refine a range of athletics techniques. They will continue to build on basic aspects of each athletic event and adopt new skills and strategies to improve performance. Students will keep a record of their achievements for each event and note any improvements as they learn and undertake more specific techniques.

On the following dates students from Years 7-9 will travel to Collingwood Athletics Track (George Knott Athletic Field, Heidelberg Rd, Clifton Hill VIC 3068) to have their PE classes on the track. Students will travel to and from the venue by bus and will return for their scheduled classes as normal.

IMPORTANT NOTE: If you have not yet completed and returned your Excursion Permission/Medical Form to the School Administration please do so as this is required prior to your child attending the PE Program.

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

Yours sincerely,



Olivia Rahme
Head of PE, Sport and Health P -12

Years 7-9 Physical Education Program Term 1 2023

ATHLETICS PROGRAM

	DATE	TIME	YEAR LEVEL	NO. STUDENTS	VENUE	LESSON FOCUS
WEEK 5	Tuesday 28 February	9:00 - 10:15am	7B & 7C	40	Collingwood	Movement/Run
	Tuesday 28 February	11.45 - 1.00pm	8B & 8C	40	Collingwood	Movement/Run
	Wednesday 1 March	9:00 - 10:15am	8A & 8D	40	Collingwood	Movement/Run
	Thursday 2 March	9:00 - 10:15am	7A & 7D	40	Collingwood	Movement/Run
	Friday 3 March	9:00 - 10:15am	9A	20	Collingwood	Strength/Plyo
	Friday 3 March	11:45am - 1:00pm	9B & 9C	40	Collingwood	Strength/Plyo

WEEK 6	Tuesday 7 March	9:00 - 10:15am	7B & 7C	40	Collingwood	Sprints
	Tuesday 7 March	11.45 - 1.00pm	8B & 8C	40	Collingwood	Sprints
	Wednesday 8 March	9:00 - 10:15am	8A & 8D	40	Collingwood	Sprints
	Thursday 9 March	9:00 - 10:15am	7A & 7D	40	AGS	Sprints
	Friday 10 March	9:00 - 10:15am	9A	20	Collingwood	Sprints Block Starts
	Friday 10 March	11:45am - 1:00pm	9B & 9C	40	Collingwood	Sprints Block Starts

WEEK 7	Tuesday 14 March	9:00 - 10:15am	7B & 7C	40	Collingwood	Horizontal Jumps
	Tuesday 14 March	11.45 - 1.00pm	8B & 8C	40	Collingwood	Horizontal Jumps
	Wednesday 15 March	9:00 - 10:15am	8A & 8D	40	Collingwood	Horizontal Jumps
	Thursday 16 March	9:00 - 10:15am	7A & 7D	40	Collingwood	Horizontal Jumps
	Friday 17 March	9:00 - 10:15am	9A	20	Collingwood	Horizontal Jumps
	Friday 17 March	11:45am - 1:00pm	9B & 9C	40	Collingwood	Horizontal Jumps

WEEK 8	Tuesday 21 March	9:00 - 10:15am	7B & 7C	40	Collingwood	Relays
	Tuesday 21 March	11.45 - 1.00pm	8B & 8C	40	Collingwood	Relays
	Wednesday 22 March	9:00 - 10:15am	8A & 8D	40	AGS	Relays
	Thursday 23 March	9:00 - 10:15am	7A & 7D	40	AGS	Relays

WEEK 9	Tuesday 28 March	9:00 - 10:15am	7B & 7C	40	Collingwood	Middle Distance
	Tuesday 28 March	11.45 - 1.00pm	8B & 8C	40	Collingwood	Middle Distance
	Wednesday 29 March	9:00 - 10:15am	8A & 8D	40	Collingwood	Middle Distance
	Thursday 30 March	9:00 - 10:15am	7A & 7D	40	Collingwood	Middle Distance
	Friday 31 March	9:00 - 10:15am	9A	20	AGS	Relays
	Friday 31 March	11:45am - 1:00pm	9B & 9C	40	AGS	Relays

WEEK 10	Tuesday 4 April	9:00 - 10:15am	7B & 7C	40	AGS	AGS Gym
	Tuesday 4 April	11.45 - 1.00pm	8B & 8C	40	AGS	AGS Gym
	Wednesday 5 April	9:00 - 10:15am	8A & 8D	40	AGS	AGS Gym
	Thursday 6 April	9:00 - 10:15am	7A & 7D	40	AGS	AGS Gym