Physical Education Lessons

Classes at East Para participate in a minimum of 60 minute specialised Physical Education lesson each week.

Classes focus on three areas:
- Skill development
- Game understanding
- Participation.
Sports Day

Sports Day is an annual event held at East Para during Term 1.

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 Race
- Egg and Spoon Race
- Frisbee Throw
- Skipping
- Rebound Net Activities

The Upper Primary students participate in:
- High Jump
- Long Jump
- Soccer Goal Kick
- Shot Put
- 100m Sprint
- Marathon
- Hockey Shot and a
- Class Choice Activity

The Athletic Competition runs after lunch. The whole school gathers on the oval in house teams, to participate in sprint events and the 100m and 4x 100m relays.

Sports Day is well attended and supported by students, parents and families.

House Captains are involved in running the opening ceremony, athletic events, sprints and Award Presentation at the closing ceremony.
SAPSASA Program

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

Students from Years 5-7 are given the opportunity to participate in a wide range of sporting carnivals each term as players, coaches, umpires and scorers.

The program relies heavily on our parent community, who support us by transporting students to and from carnivals.

In 2014 we had 338 participants at carnivals throughout the year.

In 2015 students will be competing in the following SAPSASA events:

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

Boys Netball Team 1
Boys Netball Team 2
Korfball Carnival
Girls Soccer Team 2
Girls Soccer Team – Division 1 Champions
After School Sport Opportunities at East Para

School Cricket Program

Since 2012 East Para has been involved in the Year 2/3 Cricket Program.

The program runs in Term 1 and Term 4 on Saturday mornings at Salisbury Oval.

Students learn the basic skills of cricket in a friendly non-competitive competition.

School Football Program

Term 2 and Term 3: students have the opportunity to play in our School Football Program.

In 2015 there were 31 students involved in School Football.
Year 2/3 Team - 18 students
Year 4/5 Team - 13 students

Coaches:
Mr Waller - Year 2/3 Team
Parent volunteer - Year 4/5 Team.
In School Time - Sport Programs

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

**Tri Skills**
Tri Skills is a gymnastics program that runs during Term 3.
Students learn movement, balance, control and co-ordination skills in a fun, challenging setting in the school hall.

**Footsteps**
Footsteps is a dance program that runs in Term 2. Students are involved in 4 x 45 minute sessions aimed at student participation, rhythm and controlled movement.

**AusKick**
Auskick is a football program available to students during Term 2.
Auskick runs Wednesday afternoons on the School Oval. In our first year of the program 19 students were involved.

**University of South Australia**

**Lab School Sport Teaching**
Every year, during Term 2, university students from the University of South Australia, come to East Para to run Sport LAB School lessons for a 4 week unit of work.
Students from Years 3, 4 and 5 take part in mini sports lessons aimed at student participation and team games.

**SANFL Clinics**
In 2015 the SANFL ran football clinics with Year 1/2 students.
This 5 week unit focused on the basics of the game including kicking, handballing and marking.
This clinic is good a pathway for students who are looking towards participating in our School Football Program in Year 2.
**Premier's Be Active Challenge**

In 2014, 22 students participated in the Premier’s Be Active Challenge.

Students took on the challenge to be active for an hour a day for 20 straight days.

---

**Rugby Clinics**

From 2010, staff from Rugby SA, have run clinics to assist our preparation for the Annual Rugby Carnival.

Students learn the techniques used in tackling and the demands of the game.

---

**Milo Cricket Clinics**

In 2014 the Milo Cricket Association ran a 5 week program for Year 4 to 7 students.

This program taught students the basics of the game in a team challenge setting.

---

**For more information on sport at East Para, please contact the school on 82643944 and ask for Mr Peter Waller.**