

# MR. T's NEWSLETTER WRITE UP

## Grade 5/6 Lawn Bowls Excursion

Yesterday our Grade 5/6 students went to the Colac Bowling Club for a 'come and try day'. All students really enjoyed themselves and learnt the finer arts of bowl bias and weight when bowling towards the jack/kitty. 24 students will now be selected to represent the school in the Division Bowls tournament on Thursday the 12<sup>th</sup> of March. The Colac Bowling Club are hoping to run a primary schools tournament each year from 2020, not only encouraging students to learn a new sport, but to also engage in the community and have fun while doing so.

## Geelong Cats Training Session

On Monday (2<sup>nd</sup> March) the Grade 5/6 students will be heading over to the Central Reserve to see the 'mighty' cats train. They will also have a chance to get any football gear signed and meet the players. Photos and information to go in the newsletter next week hopefully.

## CPS Athletics Day

Next Thursday (5<sup>th</sup> March) we have our House Athletics Sports that will be held here at school. It is a 'whole school' event with our Prep to Grade 2 students undertaking a range of 'fun' games whilst our Grade 3 to 6 students will compete in a range of Athletics events ranging from 800m to Long Jump, High Jump and Shot Put. All students will be encouraged to wear their house colours on the day. For the Grade 3 to 6 students who do particularly well in an event, they will then have the opportunity to represent the CPS in the Colac Division Athletics on Thursday March the 26<sup>th</sup> at the Central Reserve. Any parents/family members are more than welcome to come along for the day and support/watch. If there is time after lunch, we may see the return of the parents-family/teachers/students relay race that has been missing for a few years. So if there are any keen sprinters out there, please bring your runners just in case ;) I'm often hearing 'my mum was a really fast runner when she was at school' or 'my dad plays basketball on Wednesday nights' so I know there is a few athletes hiding out there! haha

Below is the timetable. WE HOPE TO SEE YOU THERE!

## **PROGRAM Grade 3-6**

Group	12/13 Boys	12/13 Girls	11 Boys	11 Girls	10 Boys	10 Girls	9 Boys	9 Girls
9.05am	Assemble in Stadium							
9.20am	High Jump	Long Jump	Warm up then Dist. Run	Shot Put	Discus	Hurdles	Triple Jump	Drink/ Rest

9.40am	Drink/ Rest	High Jump	Long Jump	Warm up then Dist. Run	Shot Put	Discus	Hurdles	Triple Jump
10 am	Triple Jump	Drink/ Rest	High Jump	Long Jump	Warm up then Dist. Run	Shot Put	Discus	Hurdles
10.20am	Hurdles	Triple Jump	Drink/ Rest	High Jump	Long Jump	Warm up then Dist. Run	Shot Put	Discus
10.40am	Discus	Hurdles	Triple Jump	Drink/ Rest	High Jump	Long Jump	Warm up then Dist. Run	Shot Put
11am	Recess							
11.30am	Assemble in Stadium							
11.40am	Shot Put	Discus	Hurdles	Triple Jump	Drink/ Rest	High Jump	Long Jump	Warm up then Dist. Run
12.00pm	Warm up then Dist. Run	Shot Put	Discus	Hurdles	Triple Jump	Drink/ Rest	High Jump	Long Jump
12.20pm	Long Jump	Warm up then Dist. Run	Shot Put	Discus	Hurdles	Triple Jump	Drink/ Rest	High Jump
12.45pm	Assemble in stadium before moving to grassed area in houses							
12.55pm	<i>Sprints in age groups</i> starting 12/13 Boys moving through to Preps <i>Relays in Grade levels</i> starting at Grade 6 Boys moving through to Preps							
1.30pm	Lunchtime							
2.20pm	Finish any Sprints/Relays							
2.50pm	Athletics Presentations in stadium of winning house and age group champions							

## Program Prep – 2

Group/ Time	Grade Prep Boys	Grade Prep Girls	Grade 1 Boys	Grade P-1-2 MIX	Grade 1 Girls	Grade 2 Boys	Grade 2 Girls
9.05am	Assemble at outdoor Basketball Court						
9.20am	Hurdles	Poison Ball	Cones on the wall Challenge	Long Dist. Run	Sack Race & Egg and Spoon Race	Bean Bag Dist. Throw	Tunnel Ball
9.40am	Tunnel Ball	Hurdles	Poison Ball	Cones on the wall Challenge	Long Dist. Run	Sack Race & Egg and Spoon Race	Bean Bag Dist. Throw
10 am	Bean Bag Dist. Throw	Tunnel Ball	Hurdles	Poison Ball	Cones on the wall Challenge	Long Dist. Run	Sack Race & Egg and Spoon Race
10.20am	Fruit & Drink on the grass						
10.40am	Sack Race & Egg and Spoon Race	Bean Bag Dist. Throw	Tunnel Ball	Hurdles	Poison Ball	Cones on the wall Challenge	Long Dist. Run
11am	Recess						
11.30am	Assemble in the Stadium						
11.40am	Long Dist. Run	Sack Race & Egg and Spoon Race	Bean Bag Dist. Throw	Tunnel Ball	Hurdles	Poison Ball	Cones on the wall Challenge

12.00pm	Cones on the wall Challenge	Long Dist. Run	Sack Race & Egg and Spoon Race	Bean Bag Dist. Throw	Tunnel Ball	Hurdles	Poison Ball
12.20pm	Poison Ball	Cones on the wall Challenge	Long Dist. Run	Sack Race & Egg and Spoon Race	Bean Bag Dist. Throw	Tunnel Ball	Hurdles
12.45pm	Assemble in stadium before moving to grassed area						
12.55pm	<i>Sprints</i> in <i>age groups</i> starting 12/13 Boys moving through to Preps <i>Relays</i> in <i>Grade levels</i> starting at Grade 6 Boys moving through to Preps						
1.30pm	Lunchtime						
2.20pm	Finish any Sprints/Relays						
2.50pm	Athletics Presentations in stadium of winning house and age group champions						