

PDHPE in Kindergarten

Kindergarten students take part in regular personal development, health and physical education lessons. In addition to our regular school Sport and Fitness programs we also offer courses run by professional companies such as Challenge to be Fit and Gymnastics.



PD/Health

Kindergarten take part in personal development and health programs about safe living.

The Life Education program is an example of this. It is run every second year at our school. Children visit the van to learn about making healthy lifestyle choices. They even get to meet Harold the giraffe!



In semester 1, students participated in the Challenge to be fit program which offered outdoor obstacle courses and fun games on large inflatable equipment.



Gymnastics program

The gymnastics program is offered every second year and is run by specialist PDHPE staff using proper equipment.

The students gained lots of new skills and loved participating in the sessions.



Working our core at gymnastics this week!



Fitness

During ES1 Fitness sessions we develop fundamental movement skills. Students work on their balance, ball skills, jumping and hopping just to name a few areas we cover.

