

Physical Education with Mr Waller

Hi, my name is Peter Waller and I teach Physical Education here at East Para Primary School. I have been teaching at East Para since the start of 2010.



On this web link you will read about our :

- Physical Education classes
- Sports Day
- School Captains Program
- SAPSASA Carnivals and at East Para Sporting Events
- Additional PE opportunities available to students during school hours

Physical Education Lessons

In 2022 each classroom has 90 minutes per week of Physical Education lessons with Mr Waller.

Classes focus on three areas :

- Skill development
- Game understanding and
- Participation

The school has an extensive arrange of sporting equipment and sporting grounds for students to be active. The school has 15 exercise bikes, its own dedicated PE classroom, the use of iPads and stands in lessons to record student performance.



Below are pictures from the lesson's students experience in PE.





Sports Day

Sports Day is an annual event held at East Para during Term 3 or 4.

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

The Upper Primary students participate in :

- Long Jump
- Soccer Goal Kick
- Shot Put Roll
- 100m Sprint
- Marathon
- Class Choice Activity

The Athletic Competition runs after lunch, as the whole school gathers on the oval in our house teams and participates in sprinting events the 100m and 4x 100m relay.

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

Our School Captains are highly involved in the running of the opening ceremony and athletic events, afternoon running races and presenting the days awards at the closing ceremony.



School Captains Program

Since 2019 I have been the lead teacher in managing the School Captains at East Para. Each year the all students and teachers select students to represent each house team through a voting process.

This process has eligible student nominate their desire to be part of the program. Students create a two-minute speech which is recorded and played to all students. All students vote on who they would like to be a School Captain. In 2022 we have ten Year 6 School Captains.

Below are pictures and a list of student led actions by our School Captain teams over the last three years. Each event, topic, project has been a direct result from an active student voice.

Ongoing Activities / Projects

- Sports Day officials and house team organisers - since 2019
- Presentation of House and Positive Play Points at each assembly
- Organised and presented to the school the yard play areas at the beginning of each year at assembly
- Creating and the running the Friday lunchtime DJ Booth since 2019
- Leading their Korfbal Team on the Korfbal carnival – since 2019
- Managing the Discovery Centre Grand Prix Race 2019
- Managing either a Soccer Team or Umpiring Soccer Games on the Year 3-4-5 Soccer Tournament Day – since 2019
- Assisted in the Year 6 future School Captain Speech / Voting Day – since 2019
- The running of the whole school assemblies to start and end each term – since 2020
- Before school fitness games 2021
- 2022 the management of the 'Discovery Sand Pit' at lunch play.

Completed Projects / Achievements

- Organised the location of the new basketball ring and the painting of the netball courts 2019
- Organised the construction of a path from the hall to Room 34 in 2019
- Redesigning and organising of our House Cheers and Team logos for display 2020
- Creating and painting the new Korfbal goals 2019
- Officials, class managers, track supervisors of the Discovery Centre Grand Prix Day
- Creation of our New Assembly Format, Parent/Student Survey 2019



2019 School Captains project of the location of the new basketball ring and the painting of the netball courts



Before and after photos of the new path created outside of GLA building through active student voice.



2019 School Captains gathering data for their term projects



2020 School Captains redesign and display of our House Cheers and Team logos



2022 School Captains managing the Discovery Sandpit at lunch play

School SAPSASA Carnivals / At East Para Sporting Events Program

Students have two additional programs that run to support involvement in physical activity. SAPSASA Carnivals and East Para Sporting Events.

School SAPSASA Carnivals

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

Students from Year 5 and 6 are given the opportunity to participate in a wide range of sporting carnivals each term as well as volunteering as coaches, and scorers for the day.

Our SAPSASA Program relies heavily on our great parent community, who support the program with transporting students to and from carnivals.



In 2018 we had **539 participants** at carnivals throughout the year. This number was 63% increase of the participants in 2017 and our highest participant total in my 10 years at the school.

In 2022 as a school we are entering the Girls SAPSASA Netball and Boys SAPSASA Soccer. Students can also nominate themselves to take part in individual events like SAPSASA Swimming, Athletics, Cross Country and Tennis.



At East Para Sporting Events Program

Since 2017, I have developed a range of at East Para Sporting Events for students to be involved in. These programs accommodate students in all year levels.

In this time this has included the following sporting events

- Year 3 - 5 Soccer Tournament 2017 to present
- The Junior Primary School (Reception to Year 2) Grand Prix Event 2019
- Year 6/7 Table Tennis Challenge 2019
- Year 6/7 Basketball Challenge 2020
- Year 6/7 Badminton Challenge 2020
- Year 6/7 Korfball Series 2017 to present
- Year 6/7 Soccer Challenge 2020 to present
- Year 6/7 Golf Challenge at Penfield Golf Club 2019
- The Discovery Centre Mini Olympic Games 2021





In School - Extra Sporting Opportunities

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

Below is a list of programs available to students on top of the 90 minutes of Physical Education lessons with Mr Waller once a week.

Tri Skills

Tri Skills is a gymnastics program that runs each year. Students learn movement, balance and control co-ordination skills in a fun, challenging setting in our school hall.



Aquatics

Each year the Year 6 students attend Aquatics Day at the West Lakes Aquatic Centre. On this day students participate in kayaking, sailing, surfing, snorkelling and water safety activities.



Footsteps

Footsteps is a dance program that runs each year. Students are involved in four 45 minute sessions aimed at student participation, rhythm and controlled movements.

Swimming Week

Each year students in reception to Year 5 experience a week of swimming lessons at the Waterworld Aquatic Centre. Here students learn about water safety and learn different swimming strokes.



For more information in regards to anything sporting, please contact the school and ask for Mr Peter Waller or send me an email at peter.waller227@schools.sa.edu.au