Coach Approach Athletics Expo

Grades 3-6

Friday 8th August 2014

Dear Parents,

As part of our athletics focus this term, and in preparation for the upcoming House and district athletics, all children in grades 3-6 will be involved in an athletics expo incursion on Friday 8th August 2014 run by Coach Approach.

The students will be coached by Australian athletes who are experts in their chosen sport. They will be rotated around five disciplines of athletics: Triple/Long Jump

Shot Put/Discus

High Jump

Circular Relays and Starts

Hurdles

This will be followed by a reflection session with prizes and time to obtain the Athletes’ autographs (Autograph cards will be provided).

The cost of this event is covered by the Essential Items Component of the school fees. Please ensure your child has on suitable clothing to participate in sport, including running shoes, and a water bottle.

The grades 3 and 4 students will participate between 9:10 - 11:05 with the grade 5 and 6’s taking their turn between 12:05 – 3:30. Please feel welcome to come along and watch your children if you wish.

Looking forward to a fun and informative Expo,

Melinda Downes
Sports Coordinator

Gayle Cope
Principal