



Junior Unit Excursion Healthy Fitness Session Friday 22nd August 2008



Dear Parents/Guardians,

To celebrate our Deep Knowledge unit 'Looking After Myself' and the Olympics, the Junior Unit will be participating in a day filled with lots of fun and fitness. The aim of the day is to expose students to a variety of activities and sports, and emphasise the importance of living a healthy and active life.

The students will be participating in two different sporting activities on the day. Due to our large numbers, students will be split into two groups and will take part in one activity in the morning and the other activity in the afternoon.

One of the activities will involve going to the YMCA and taking part in a Gymnastics session. This session will run for approximately 90 minutes and the students will be involved in many different gymnastics events. Trained gymnastics teachers will take the students through all of the activities.

The other session will take place at the Arena basketball courts. The students will take part in a basketball clinic, with qualified basketball coaches, to help develop their fundamental ball and coordination skills. This session will also run for 90 minutes.

The Junior Unit will all be meeting for a picnic lunch at Rippleside Park at 11:45 - 12:40. (More information will be sent home regarding alternate wet weather venue.) We invite all family and friends to come along and join in the picnic before the students move onto their next activity. Please feel free to bring along a picnic lunch to share with your child.

As part of our Deep Knowledge unit 'Looking After Myself' we will also be having a provided fresh fruit snack before beginning our activities.

The cost for this excursion is **\$13.00**. Please complete the attached permission envelope and return to your child's teacher by **Monday 18th August 2008**. We apologise for the late notice for this excursion. Please see your child's teacher if you have any concerns about payment.

Timetable for the day - Friday 22nd August 2008

	10:00 - 11:30	11:45 - 12:40	1:00 - 2:30
Group One Junior B, Junior L, Junior M, Junior W	Arena - Basketball Clinic	Lunch at Rippleside Park	YMCA - Gymnastics
Group Two Junior S, Junior J, Junior H, Junior G	YMCA - Gymnastics	Lunch at Rippleside Park	Arena - Basketball Clinic

The buses will be leaving at approximately 9:30am and returning on time for 3:30pm dismissal. Children need to be at school at normal time. Children need to bring their lunch, snack and drink bottle in a named disposable container. Full school uniform (tracksuit pants or shorts), including runners will need to be worn. Please ensure that your child's teacher is aware of any medication that needs to be taken. We look forward to a great day!

Thank you
Junior Unit teacher