



Health & Physical Education Program

At Newbery Park Primary School we offer a Health and Physical Education program that aims to **enhance students' health and wellbeing**, along with giving them **access to physical activity participation in a variety of contexts**.

Through our health curriculum, students **improve their personal and social development** through learning about two of school values of resilience and integrity. Through these units, students develop skills in working together, building and managing friendships, being resilient and making decisions based on what they believe is the right thing to do.

Our health program also links in our Garden, in which students learn about **food and nutrition and food preparation**. Throughout our healthy lifestyle units, students also engage in many life skills including preparing foods and cooking lessons.

Newbery Park students have access to a number of **fantastic facilities** and programs within our school and the wider community. From **developing movement skills** at a younger age through to taking an in-depth look into specific sports from a game-sense perspective, students are always engaged and are given every opportunity to achieve in their chosen sport.

Through our PE program and our **links with the community**, students at Newbery Park have **access to athletics, cross country running, football, soccer, netball, cricket, squash** and many more fantastic sports. We also take great pride in participating in the **Premier's Be Active Challenge**, which promotes physical activity in our daily lives and encourages us all to be active for 60 minutes a day.

