



# Our Lady of Mount Carmel Specialist in Focus Physical Education Mr Rijs and Mr Tyrrell

## Junior Primary

We continued our Kindy to Year 2 program this term with a revision of ball handling and movement.

We have again experimented with many plyometric stretches as part of the warm-up to engage our bodies.

We have played Cricket and Kindy have also started on Basketball and throwing and catching the ball.

Year PP-2 have been busy in Weeks 4 and 5 with the In-term swimming program run by Royal Life Saving Society of WA. It was a fantastic success!

## Upper Primary

Our focus for students in Years 3-6 this term has been on cricket, with the Year 6 and a number of Year 5 students about to compete in the upcoming ASCS T20 Blast Cricket Carnival at Tompkins Park.

All classes have been working on improving their batting, bowling and fielding skills through mini games and in the case of the older students, learning the formal rules of the T20 game.



**Our 2015 Athletics team**



## Sport Carnivals

### **Athletics Carnival**

Late last term, the OLMC Athletics Carnival was held. It was a hot day but this brought out the best in our students with Avila taking out the honours for 2015 (goes nicely with their swimming shield as well). Larmenier was the winner of the Spirit Award.

### **Interschool Athletics**

OLMC participated in the ASCS Interschool Athletics Carnival earlier this term at Len Shearer Reserve in Melville.

This year, we dominated the team events and for the second year running, finished second. This demonstrates that our students are not only representing the school proudly but also shows their commitment with training in the lead up.

Georgie Ryan (Yr 6 Champion girl) and Reef Thomas (Runner up Champion Boy) were individual performances deserving of being highlighted..



### **ASCs Cricket Carnival**

Friday 27<sup>th</sup> November is the day of the Interschool Cricket Carnival with 2 girls and 2 boys teams representing our school. Primarily a Year 6 Carnival, numbers mean some Year 5 Boys will be used. We wish our cricketers the best of luck!

