



Islamic College of SA
22a Cedar Ave
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ICOSA PE Newsletter

“For all students at ICOSA to experience excellent physical education, school sport and physical activity that will lead to life-long participation.”

Issue 6

February 2017

BIG News...

- After School Sport is back
- ICOSA Offer Cert II in Fitness
- Sports Day

Recognition of Student Success

Many More students aim to reach their goals this year, watch this space for them.

Welcome Back for 2017!

Assalaamu Alaikum

I would like to formally welcome all students and parents back to ICOSA for 2017. I trust you have all had a restful and enjoyable break and ready for the new school year.

ICOSA is a college that is striving to be more successful year after year and this year isn't an exception. ICOSA in 2017 has an excellent curriculum in place which will allow our students to develop, explore and progress positively through their PE & Health Studies.

We have many activities planned that we encourage you as parents to be apart of and to show your ever growing support.



Up & Coming Events Term 1

Carnivals Term 1

Up & Coming

- Milo Cricket Carnival – Prospect Oval – Year 6/7 Boys & Girls
- T20 Cricket Bash – Grange Oval – Year 7 Boys
- Basketball 3v3 – Port Adelaide – Year 8/9
- Athletics Carnival – Henley Athletics – All Year (HS)
- Boys Indoor Cricket – Stepney ICA - Year 8/9 Boys

Primary Sports Day – Wednesday 12th April 2017

High School Sports Day – Thursday 13th April 2017

SAPSASA

Primary SAPSASA is BACK.... WHOOP YEAH!



Week 3 Year 6/7 Boys & Girls will take part in Home & Away Fixtures for SOFTBALL IN TERM 1 . Lets wish everyone involved the very best

“Healthy
Kids Make
Better
Students”



ICOSA PE VISION...

At ICOSA the PHYSICAL FITNESS of your child is of the utmost importance. Every effort to promote your child's physical fitness is made with the implementation of the Australian Curriculum Standards. The vision of ICOSA's Physical Education (PE) program focuses on your child's striving to:

1. Practice and master appropriate motor skills and movement.
2. Develop and maintain lifelong, family - oriented, health related fitness.
3. Be able to cooperate with others
4. Develop techniques and skills that can be transferred and maintained throughout their lives
5. Be careful.
6. Be respectful.
7. Exhibit good sportsmanship qualities.

The safety of our students is very important to us. Before each activity the Coach will model the activity and discuss the rules and student expectations. Students participate during PE classes at their own skill level. The behaviour rules for every PE class, to ensure the safety of all students, are:

1. BE NICE.
2. BE CAREFUL.
3. BE RESPECTFUL.
4. ENCOURAGE & HAVE FUN
5. STOP, LOOK AND LISTEN ON THE SIGNAL
6. KEEP YOUR HANDS & FEET TO YOURSELVES

"Better

Students make

Healthier

Communities"

Picture Gallery

Coming Soon...

For your Information...

Coming Soon...



Excuse Notes



Reminder

Failing to wear the correct PE Uniform will impact on your participation.

If your child is sick or injured on a physical education (P.E.) day, please send a note explaining what the child can or cannot do. All doctors' notes regarding activity restrictions need to also be sent to the P.E. teachers. Notes not written by a doctor are only good for the day they were written.

When do I have PE? Coming Soon!

	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6	Lesson 7
Monday			6 S & 6P				3P & 3S
Tuesday				9 BOYS	9 BOYS		
Wednesday	4P	4P				8 GIRLS	8 GIRLS
Thursday	5S	5P		4S		9 GIRLS	9 GIRLS
Friday	6S & 6P			8 BOYS	8 BOYS	7 BOYS &	7 BOYS &



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“Physical Fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity”

John F Kennedy

ICOSA