
YEAR 7 (and 8) PHYSICAL EDUCATION

- As part of our commitment to a balanced curriculum, all students are required to participate throughout the year in a number of physical activities designed to improve confidence, leadership, independence, fitness and teamwork.
- Students participate in a range of whole school activities such as the annual College Swimming, Cross-Country and Athletics Carnivals.
- During Terms 1, 2, and 3, students have the option of extending their skills and participating in Interschool Sport in areas such as Soccer, Aussie Rules, Cricket, Netball, Tennis, Basketball and Ultimate Frisbee, to name just a few.
- In addition, students in year 7 participate in a Water Safety program. This half-day program is run by Lifesaving Victoria and teaches water safety guidelines including the principles of first aid as well as rescue techniques. This assists in developing the skills and knowledge of students who may be interested in studying PE and Outdoor Education in their later years.
- Other essential curriculum programs include PARC Water Safety and a student-choice activity.

It is an expectation that all students participate in the workshops.

PE program charges will be detailed in the package to be posted to you in September, along with information on other Year 7 charges and payment timelines.

PE Uniform requirements

To assist in the effective delivery of the college sports and physical education program, it is necessary that your child is appropriately equipped for every practical session. This means they must have:

- Somerville Secondary College PE/Sport Uniform – navy shorts, navy tracksuit bottoms and the Somerville Secondary College PE top
- School Jumper
- Non-marking runners – no black soles
- Change of socks
- Wide-brimmed hat (highly recommended by College Council for all outdoor activities)
- Sunscreen/Sunglasses
- Drink Bottle

All college PE Staff are highly qualified and can adapt, change or implement any aspect of the PE or sports program to ensure that your child can participate to the best of their ability.

Should you wish to make your child's PE teacher aware of any limiting factors which may affect your child participating in sport based activities, please call the College on 5973 1000. Alternatively, you may email the college at somerville.sc@education.vic.gov.au.

We thank you in advance for your support of our program and look forward to assisting your child to achieve their sports, health and/or fitness goals throughout the course of the year.