

PE Overview

Prep:

Our Prep students will continue developing their fundamental movement skills, including running, jumping, rolling, balancing, and throwing. These skills will be explored through a range of fun games and activities designed to build confidence and coordination.

Students will also participate in golf lessons during Weeks 4 and 5, led by a specialised golf coach, providing a fun introduction to the sport.

Year 1/2:

This term, Year 1/2 students will take part in activities that support the development of hand-eye coordination, rhythm, and spatial awareness.

- Indoor hand-eye activities will help refine coordination and control.
- Students will also engage in dance, focusing on movement patterns, rhythm, and creative expression.

Students will also participate in golf lessons during Weeks 4 and 5, led by a specialised golf coach.

Year 3/4:

Year 3/4 students will focus on team sports and invasion games, developing skills such as passing, moving into space, and defending. These will be explored through sports like modified netball, soccer, and basketball.

Students will also take part in golf lessons during Weeks 4 and 5, led by a specialised golf coach, providing a great opportunity to develop new skills.

Year 5/6:

Our senior students will be involved in structured team sports, with an emphasis on tactics, positional play, and teamwork. There will also be opportunities to prepare for upcoming Friday Netball and AFL competitions, with a strong focus on leadership and sportsmanship.

Students will also participate in golf sessions in Weeks 4 and 5, led by a specialised golf coach, offering a great opportunity to build skills and confidence.

Please ensure students come prepared for their PE and Friday sport each week, wearing the correct sports uniform and appropriate footwear.

We're looking forward to a fun and active term ahead. If you have any questions, please don't hesitate to get in touch.

Sports Coordinator Overview

Friday Interschool Sports:

Our Friday Interschool Sports program kicks off this Friday, 24th April, with students participating in either AFL or Netball. Please note that all students playing AFL are required to bring a mouthguard to ensure they can participate safely. Footy boots aren't compulsory however students are encouraged to wear them if they have them.

This year, there has been a slight change to the format. Rather than AFL teams rotating each week, all teams will play every Friday. We have three Netball teams and two AFL teams. Netball Red, Netball Blue, and AFL Red will travel to the designated venues each week, while Netball White and AFL Blue will remain together.

In addition to our weekly program, we're excited to be entering teams into the Soccer, Netball, and AFL Lightning Premierships, where we will play schools in our District in a competitive manner. Students selected for these teams will have the opportunity to represent Sacred Heart in a more round robin setting, with selection based on both skill level and their ability to demonstrate on Friday afternoons.

We would greatly appreciate any parent support with the Netball and AFL programs on Fridays. If you are available to assist in any capacity, please feel free to reach out via email at tjaynes@shsandringham.catholic.edu.au.

Thank you for your continued support - we're looking forward to a fantastic term of sport!

Dendy Cross Country:

The Dendy Cross Country will also take part on Thursday 30th of April at Bald Hill Park. Students have nominated if they would like to participate, challenging themselves to complete a 2km or 3km race. We're aiming to go back-to-back and bring home the shield! If your child is keen to participate, please complete the nforma by Tuesday 28th of April.

Lightning Premiership Cup Dates:

Girls Footy - Thursday 21st of June ***Venue TBC***

Soccer LP - Tuesday 2nd of June ***Venue Caulfield Park***

Netball LP - Thursday 11th of June ***Venue Duncan McKinnon***

Footy LP - Friday 12th of June ***Venue Darling Park***

2026 Winter Sport

FRIDAY 24/4 – Week 1			
Teams Playing	Playing Against	Home/Away	Location
Netball Red & Blue	St Mary's Hampton 2	Home	Sacred Heart
AFL (Red)	St Mary's Hampton 2	Home	Peterson Reserve Oval 1
Netball White	St Joan of Arc 2	Away	St Joan of Arc School 30 Dendy St Brighton
AFL Blue	St Joan of Arc 2	Away	William St Reserve, Halifax St & William St, Brighton
Friday 1/5 Week 2			
Netball Red & Blue	Galilee	Away	Galilee Primary School 301-319 Bank St. South Melbourne
AFL Red	Galilee	Away	JL Murphy Reserve - 351 Williamstown Rd - Football
Netball White	St Mary's Malvern East	Home	Sacred Heart
AFL Blue	St Mary's Malvern East	Home	Peterson Reserve Oval 1
Friday 8/5 Week 3			
Netball Red & Blue	St Patrick's Murrumbeena	Home	Sacred Heart
AFL (RED)	St Patrick's Murrumbeena	Home	Peterson Reserve Oval 1
Netball White	St Finbar's	Away	St. Finbar's Primary School 90 Centre Rd, Brighton East
AFL Blue	St Finbar's	Away	Hurlingham Oval #1 (larger oval) Service lane, Nepean Hwy, Brighton East.

Friday 15/5 Week 4			
Netball Red & Blue	St Mary's Hampton 1	Home	Sacred Heart
AFL Red	St Mary's Hampton 1	Home	Peterson Reserve Oval 1
Netball White	St Joseph's Elsternwick	Away	St Joseph's Primary 28 Sandham St, Elsternwick 3185
AFL Blue	St Joseph's Elsternwick	Away	Princes Park oval 1 277 Bambra Rd, Caulfield South VIC 3162
Week 5 Sacred Heart 1 vs Sacred Heart 2			
Netball Red & Blue		Home	Sacred Heart
AFL (RED)		Home	Peterson Reserve Oval 1
Netball White		Home	Sacred Heart
AFL Blue		Home	Peterson Reserve Oval 1
Friday 29/5 Week 6			
Netball Red & Blue	St Joan of Arc 2	Home	Sacred Heart
AFL Red	St Joan of Arc 2	Home	Peterson Reserve Oval 1
Netball White	Galilee 2	Away	Galilee Primary School 301-319 Bank St. South Melbourne
AFL Blue	Galilee 2	Away	JL Murphy Reserve - 351 Williamstown Rd - Football
Friday 5/7 Week 6 No Games - School Closure			
