

PHYSICAL EDUCATION

Ascot Vale West PS provides a high quality Physical Education program for every child. It is designed to prepare students for a healthy and active lifestyle through the development of skills, knowledge, teamwork and positive attitudes. Our comprehensive program provides children with a wide range of physical and sporting experiences focusing on the sequential development of fundamental motor and loco-motor skills, gymnastics, dance, athletics, fitness and various team sports.



Students receive Physical Education classes on a weekly basis for 60 minutes. To implement the P.E program, we have access to excellent facilities including gymnasium, oval with soccer and AFL goals, a synthetic running track, long jump pit, basketball and netball court, and many bat tennis courts. We also have a range of equipment that ensures a variety of exciting new experiences each session.



The children are challenged in all their Physical Education activities to work cooperatively, follow simple instructions and rules and to use equipment and space safely. They have been encouraged to identify the feelings they experience during and after physical activity.

The Senior School children understand the need for simple rules, scoring systems, safety considerations and cooperation when playing competitive and non-competitive school games.

HOUSE CAPTAINS

All students are placed into a House group. The Grade 6 House Captains and Grade 5 Vice-Captains help staff to co-ordinate whole school activities. The whole school events at AVW are our Cross Country and Athletic carnival days.

The Senior School also participates in the House Sports Swimming Carnival as well as weekly sport played against schools in our local District.

INTERSCHOOL SPORT

Our school is affiliated with School Sport Victoria in the Ascot Vale District and plays against other teams within the District in Terms 2 & 4. Equal opportunity for both girls and boys is provided and fair play and good sportsmanship is encouraged at all times. The Winter sports are Football, T-ball and netball. The Summer Sports are Bat Tennis, Soccer and European Handball.



CLINICS

Throughout the year the children participate in a number of Sport Clinics ranging from Hockey, Dance, Blue Earth, Wheel Chair Basketball and skateboarding to name just a few.



