

CHESTER HILL PUBLIC SCHOOL

Quality education in a caring learning environment

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Be Skilled Be Fit

Dear Parent / Guardian,

Personal Development, Health and Physical Education is one of the six key learning areas in the NSW Primary Curriculum. It is based on a broad understanding of health that encompasses all aspects of an individual's well-being, including their social, mental and physical health. As part of our PDHPE program, 'Be Skilled Be Fit' is being offered to students K-6 in Term 2. The children will have the opportunity to engage in a gymnastics program which is skills based and delivered by qualified instructors.

The children will learn skills required to achieve the outcomes indicated by the NSW Department of Education K-6 PDHPE Syllabus. They will also be taught body space awareness and the importance of core strength, stability and balance. The 'Be Skilled Be Fit' gymnastics program is a 10 week program, commencing Week 1, Term 2. The cost of the program is \$43.00 (for 10 lessons).

Please complete the form below and return it to the money collection box in the office by **Thursday 12 April**. If paying online, payments need to be made by **Tuesday 10 April**. Please enter 'Gymnastics' in the payment description under excursions. All students are expected to participate in this program.

Student assistance is available. Please see the office to make an appointment with the Principal. These lessons have the approval of the Principal.

Salam Hbous
Be Skilled Be Fit Coordinator

Brent Kunkler
Principal



Be Skilled Be Fit

I give permission for my child _____ in class _____
to participate in the 'Be Skilled Be Fit' program being held throughout Term 2.

- I enclose payment of \$43.00.
 I have made an Online Payment. My receipt number is _____. Date paid _____.

Signed: _____
(Parent / Guardian)

Date: _____