

SPORT



Students should endeavour to maintain their physical activity levels while engaging in online learning.

Please follow the current government and health advice when participating in sport and physical activity.

A log book will be uploaded by your teacher to your google classroom that you can use to keep track of and record what Sport/Physical Activity you are doing from home in place of Sport lessons.

Recommendations:

- 150 minutes of physical activity can be accumulated over the course of a week in small increments.
- It is not recommended that you complete it in one 150-minute session.
- Please keep in mind that while learning from home, you must stick to your regular schedule. This involves logging on and 'entering' what sport/physical activity you are engaged in from home during your scheduled sport lessons.
- Please follow currently government and health advice when participating in sport and physical activity

*All current external sporting events have be cancelled or placed on hold.
Please contact Mrs Omar or Mrs Page if further information is required.*

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