



**LANGWARRIN PARK PRIMARY SCHOOL  
P.M.P. - PERCEPTUAL MOTOR PROGRAM  
MONDAY MORNINGS – STARTING TERM 2**

Dear Parents/Guardians,

As part of the P.E. program Prep students participate in a P.M.P program every Monday.

**WHAT IS IT?**

A valuable program designed to:

- develop/enhance muscle co-ordination, hand/eye co-ordination, motor co-ordination skills, through a variety of physical activities.
- Develop **perceptions** and **understandings** of a child through **movement** and **motor experiences**.
- develop perceptions of time and space, pattern and order and limitations of the human body.

**WHERE AND WHEN DO WE PLAN TO CONDUCT THE SESSIONS?**

Sessions are conducted in the gym every Monday morning, each session lasting 40 minutes:

- 9:00 am – 9:40 am P1 and P2
- 9:40 am – 10:20 am P3 and P4
- 10:20 am -11:00 am P5 and LL

**HOW DO THE SESSIONS RUN?**

A P.E. teacher supervises the running of the program. Students rotate through 4 activities each session; there are 8 activities in total (4 for each grade). Each activity is explained and demonstrated at the start of the session. Parents are then required to supervise the children at an activity.

**IS IT EASY FOR PARENTS?**

Yes, with the P.E. teacher's assistance, the activities are easy to supervise.

**FLOOR CARE:**

Children should ideally wear **RUNNERS** for the activities.

**INFORMATION SESSION – MONDAY 21<sup>st</sup> MARCH 9:30AM – 10:30AM (Staffroom)**

An information session will be conducted in the Staff Room providing you with information about the program. It will also give you an opportunity to ask questions.

**HELP REQUIRED:**

**To ensure the program operates, Parent Helpers are needed to help run the activities.** Remember, the more helpers we have, the more effective the program. Often we have difficulty getting parents for the middle sessions, therefore if you are able to help in more than one session, it would be much appreciated. Please **return the reply slip by Friday 18<sup>th</sup> March if you are interested in helping with the program.**

**LAUREN JACKSON**  
Prep Co-ordinator

**SUE BURT**  
HPE Co-ordinator

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**LANGWARRIN PARK PRIMARY SCHOOL  
MONDAYS - P.M.P. FOR PREP LEVEL**

I would be delighted to assist on Mondays in the time slot as indicated below: (Please tick the appropriate boxes.)

- MONDAY :**
- 9.00 am – 9.40 am (P/1 & P/2)
  - 9.40 am – 10.20 am (P/3 & P/4)
  - 10:20 am -11:00 am (P/5 & LL)

- I will attend the Information Session on Monday 21<sup>st</sup> March (9:30am – 10:30am)

**HELPER'S NAME:** \_\_\_\_\_

**Phone :** \_\_\_\_\_

**CHILD'S NAME:** \_\_\_\_\_

**Class:** \_\_\_\_\_