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 6 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 21st 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 18th March if you are interested in helping with the program.

LAUREN JACKSON  
Prep Co-ordinator

SUE BURT  
HPE Co-ordinator

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 (P1 & P2)
☐ 9.40 am – 10.20 am (P3 & P4)
☐ 10:20 am -11:00 am (P5 & LL)

☐ I will attend the Information Session on Monday 21st March (9:30am – 10:30am)

HELPER’S NAME: ________________________________  Phone: ________________________________

CHILD’S NAME: ________________________________  Class: ________________________________