



To Parents and caregivers,

We are thrilled to announce that the Stay Active netball program is coming to St John Bosco in Term 4. Stay Active is a sports facilitation company that encourages all students aged 5 - 12 years to participate in at least 60 minutes of moderate to vigorous physical activity every day. Participating in an after-school netball program enables students to achieve their 60 minutes, as well as the other great benefits of physical activity such as enhancement of memory, concentration, behaviour and academic achievement.

Important information

Coaching: The program will be designed and facilitated by a trained Stay Active sports coach. The session is also supervised by myself.

Program content: Some of the skills children will learn include: footwork, attacking, defending, shooting and passing. Using the Game Sense approach, amongst other benefits, students will be engaged in minor and modified game strategies and concepts where there are opportunities to develop both skills and an understanding of the tactical game.

Where: The Courtyard, St John Bosco School.

Numbers: Maximum 25 children per group (boys and girls welcome).

Group 1- Years 3-6:

Weeks 2-6, Term 4. Wednesday mornings, before school – 7.30am – 8.30am

Group 2- Reception-Year 2:

Weeks 2-6, Term 4. Friday afternoons, after school- 3:10pm- 4:10pm

Cost: \$50 per child for the 5-week program. Total payment through QKR must be made by Wednesday Week 1 (18th October). Book early to avoid disappointment. Please note the program will only proceed with sufficient enrolments.

For more information contact Mace at
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Thank you and kind regards,
Mace van Weenen
Physical Education Teacher

