

# PHYSICAL EDUCATION 2026

## GRADE 3

Dear Parents,

As we begin your Son's Physical Education at the Prep, here is some information to help you navigate it all.

### LESSON DAYS & ACTIVITY: TERM 1 & 4

MONDAY		THURSDAY
3P – PHYS ED		3P - SWIMMING
3B – PHYS ED		3B – SWIMMING
3S –SWIMMING		3S – PHYS ED

### LESSON DAYS & ACTIVITY: TERM 2 & 3

MONDAY		THURSDAY
3P – PHYS ED		3P – PHYS LIT
3B – PHYS ED		3B – PHYS LIT
3S – PHYS ED		3S – PHYS LIT

### DRESS CODE:

PHYS ED/LIT	Bishops white sport shirt, white/blue Bishops sport shorts, white socks & white takkies, water bottle, hat, sunscreen (for Summer)
SWIMMING	Swimming Cap, Bishops Speedo, Towel, Sunscreen

### NOTES:

Boys are to wear full Phys Ed kit upon entering & exiting the pool
Should the weather forecast predict rain, Phys Ed will continue indoors, so please pack appropriately.
Repetition of incorrect kit will result in discipline procedures (de-merits, pink papers etc.)

Looking forward to a year full of fun activity!

Kind regards,

**Jamie Southgate**

Prep Sports Coordinator

HOD Physical Education

TIC Swimming

TIC Soccer

Sport Performance & Wellness