

PHYSICAL EDUCATION 2026

GRADE 4

Dear Parents,

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

LESSON DAYS & ACTIVITY: TERM 1 & 4

TUESDAY	THURSDAY	FRIDAY
4B - PHYS ED		4B - SWIMMING
4P - PHYS ED	4P - SWIMMING	
4S - PHYS ED		4S - SWIMMING

LESSON DAYS & ACTIVITY: TERM 2 & 3

TUESDAY	THURSDAY	FRIDAY
4B - PHYS ED		4B - PHYS LIT
4P - PHYS ED	4P - PHYS LIT	
4S - PHYS ED		4S - PHYS LIT

DRESS CODE:

PHYS ED/LIT	Bishops white Sport Shirt, white/Blue sport shorts, white socks & predominantly white takkies, water bottle, hat, sunscreen (for Summer)
SWIMMING	Swimming Cap, Bishops Speedo, Towel, sunscreen

NOTES:

Boys are to wear full Phys Ed kit or uniform 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