

# PHYSICAL EDUCATION 2026

## GRADE 5

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5B – PHYS ED			5B – Swimming
		5P – PHYS ED	5P - SWIMMING
	5S – SWIMMING	5S – PHYS ED	

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
5B – PHYS LIT			5B – PHYS ED
		5P – PHYS LIT	5P – PHYS ED
	5S – PHYS LIT	5S – PHYS ED	

### 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