



# Kalgoorlie Primary School

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Dear Parents/Guardians,

We're looking forward to starting our new Fitness Timetable next term, with some fun new activities for students to enjoy.

A key change is that **Fridays will now be Cross Country practice** instead of relay activities. These sessions will take place just outside the school grounds (no road crossings), with staff supervising at key points to ensure students are safe at all times.

This is a great opportunity for students to build their fitness, confidence, and resilience. We encourage all students to give it a go and challenge themselves -often they can do more than they think! We'll be focusing on setting small goals and celebrating improvement each week.

We will be encouraging students to:

- Set small, achievable goals (for example, run to a certain point, then walk for one minute and repeat)
- Focus on personal improvement rather than competition
- Celebrate their progress each week

For your reference, I have attached:

- The school and interschool Cross Country maps (held at the Oasis Playing Fields)
- The morning fitness information and map

Race distances are:

- **Year 3-4:** 1500m
- **Year 5-6:** 2000m

Thank you for your ongoing support in encouraging your child to stay active and give things a go.

Kind regards,

Sarah Cosh  
Physical Education Specialist  
31/03/2026

# Morning Fitness Stations 2026

## Term 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Year 1</b> Rooms 1, 2 & 3	Skipping	Relay Races	Bean bag leader ball	Cross Country	Jump Jam
<b>Year 2</b> Rooms 8, 9 & 10	Relay Races	Skipping	Bean bag leader ball	Cross Country	Jump Jam
<b>Year 3</b> Rooms 4 & 5	Tug of War	Fitness Octopus	Relay Races	Fitness Dodgeball	Cross Country
<b>Year 4</b> Rooms 6, 7 & 11	Fitness Dodgeball	Tug of War	Fitness Octopus	Relay Races	Cross Country
<b>Year 5</b> Rooms 12 & 13 (14*)	Relay Races	Fitness Dodgeball	Tug of War	Fitness Octopus	Cross Country
<b>Year 6</b> Room 15 & 16 (14*)	Fitness Octopus	Relay Races	Fitness Dodgeball	Tug of War	Cross Country

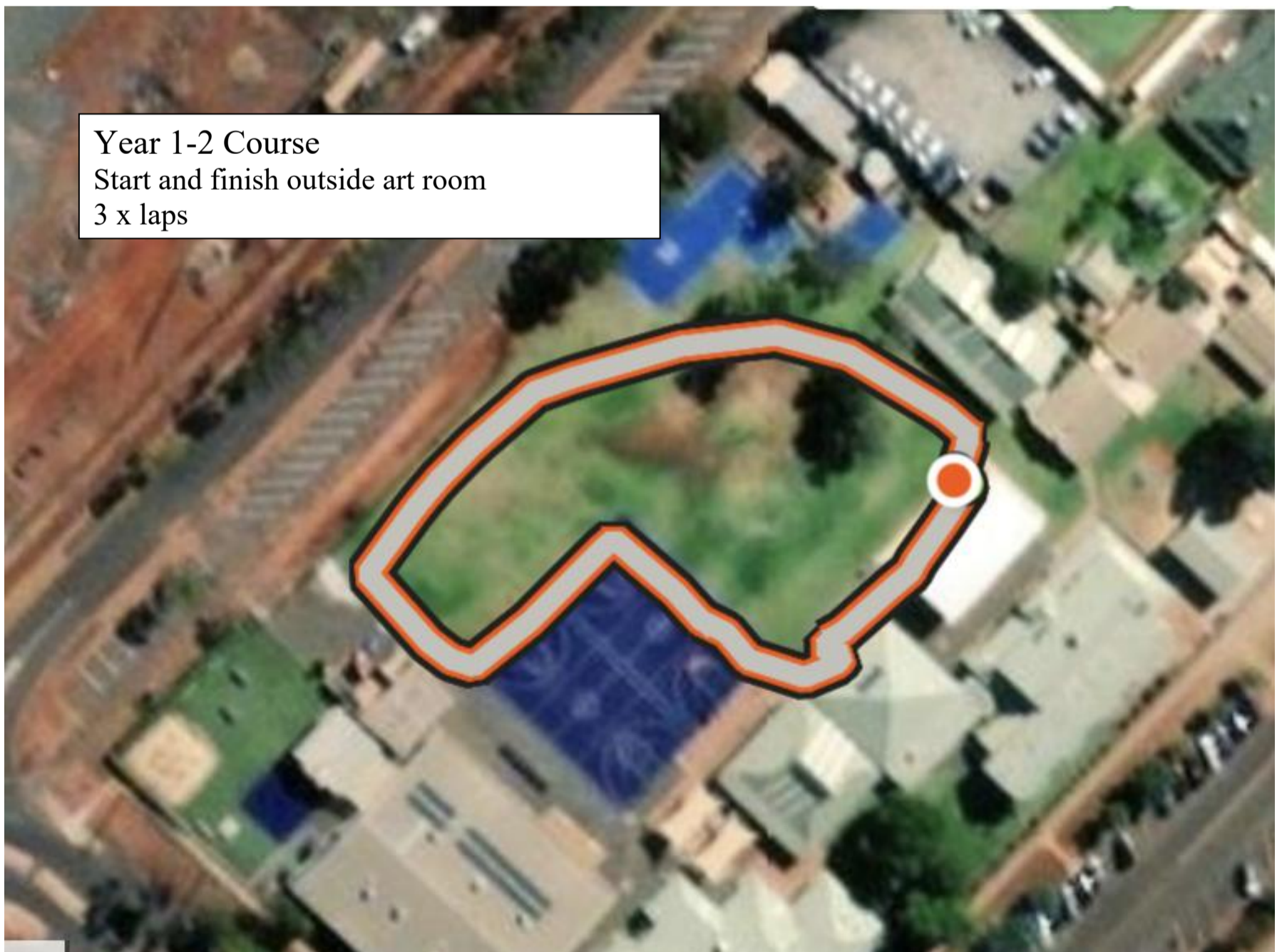
Room 14\* split class can choose which station

Station Name	Meeting Location
Fitness Octopus	Basketball courts
Fitness Dodgeball	Undercover area
Relay Races	Middle grass (between playground and courts)
Skipping	Senior Verandah
Tug of War	First patch of grass outside of undercover area
Jump Jam	Undercover Area
Bean Bag Leader ball	Senior Verandah
Cross Country	Base of Basketball Courts (Year 3-6) – Checkered dot on map Near Art Room (Year 1 & 2)



# Morning Fitness Stations 2026

## Term 2



# Oasis Cross Country Map

