The Perceptual Motor Program (P.M.P) aims to develop, through movement, children’s perceptions and understandings of themselves in relation to their world. Aspects such as music, dance, fitness and gymnastics are incorporated in P.M.P.

We are fortunate that at Goonawarra Primary School we have a full range of equipment with which to undertake P.M.P. This year, I have been timetabled specifically to take P.M.P. sessions which involve all the Prep students. Each Prep class has a P.M.P. session for one hour per week. These sessions are timetabled for Mondays between 10:00am and 12:30pm. This program will be running for the year.

During P.M.P. sessions the children take part in activities organized at four stations that are set up around the gymnasium. The children spend between 5-7 minutes on each activity. Each station has a different focus, which includes fitness, hand/eye coordination, locomotion and balance. Some of the activities that the Preps have participated in this term include obstacle courses, memory games, throwing and catching, throwing bean bags into hoops, crawling and rolling on mats and jumping a variety of ways (forwards, backwards, from side to side, varying distances).

In order for this program to run effectively and to its full potential parent involvement is needed. Each session requires four parent volunteers to guide a station. This term, started off great as I had a lot of volunteers eager to help out but towards the end of term volunteer numbers have decreased. If you are able to assist in the running of this program please let me know.

Rhiannon Smith