

# PE Related Activities (Off School Grounds)

Dear Families,

Alfred Deakin High School is located within proximity to some excellent resources; the Red Hill Nature Reserve and the Deakin Playing Ovals. We would like to gain permission for your child to use these areas and the local surrounds at various times throughout the year 2025, during scheduled Health and Physical Education class time.

## Cross Country/ Trail Running

During the cross-country unit, students cross Kent Street at the traffic lights and walk up to the starting point on Red Hill Nature Reserve. Students then run out along the fire trail and turn at identified checkpoints to loop back to the finish line along the grassed spoon drain.

Another trail run involves students running on a fire trail to the Red Hill Lookout and returning on the same route. There is a road crossing involved on this trail.

## Mindfulness Activities

Light bushwalking and mindfulness activities occur during health units. Students cross Kent Street at the traffic lights and walk up to a variety of bush areas on Red Hill Nature Reserve. Mindfulness activities are facilitated in a bush setting.

## Various PE Lessons at Deakin Ovals

Classes may conduct physical education lessons on Deakin ovals which are adjacent to Alfred Deakin High. Students cross Denison Street at the school crossing and walk on the footpath to the ovals.

## Walk and Talks

Classes may go for walks on surrounding footpaths within proximity to the school.



## Legend:

Yellow: Cross Country/ Trail Running. Red Hill Nature Reserve

Blue: Light Bushwalking/ Mindfulness Activities. Red Hill Nature Reserve.

White: Deakin Ovals. PE lessons.

Red: Designated road crossings.

Kind Regards,  
Brian Downton  
School Principal

Sam Gaskin  
Executive Teacher LEAN Faculty



## PE Related Activities (off school grounds) Permission Note

I give permission for my son/daughter \_\_\_\_\_ **(full name)**  
\_\_\_\_\_ **(Year and Tutor Group)** to utilise the indicated facilities during scheduled Health and Physical Education class throughout the year 2025. I understand this permission note requires me to tick the locations listed on the permission note. I understand that these locations are outside the school boundary but within the school vicinity classified by the Principal and the PE department.

- Red Hill Nature Reserve (cross Kent Street)
- Deakin Ovals (cross Denison Street)
- Surrounding footpaths

*Staff accompanying students on excursions will take all reasonable care while the students are in their charge, to protect them from injury and to control and supervise their behaviour and activities. Parents should be aware that staff members are not responsible for injuries or damage to property, which may occur on an excursion where, in all circumstances, staff have not been negligent. Parents should warn students of the risk to themselves, to others and to property, of impulsive, wilful or disobedient behaviour.*

*I authorise the teachers in charge to make arrangements, medical or otherwise, necessary for the welfare of my child and agree to meet any costs incurred. I also understand and accept that normal School Rules apply during all excursions.*

Name of Parent/Carer: (please print) \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_