



# 2025 HPE WEEK

AT CLONTARF BEACH STATE HIGH SCHOOL

## DAY 1

MONDAY 1<sup>st</sup> SEPTEMBER - LUNCH 1

- **PROW BALL**  
OVAL

## DAY 2

TUESDAY 2<sup>nd</sup> SEPTEMBER - LUNCH 1

- **GIRLS ONLY VOLLEYBALL GAME**  
GYM - Celebrating Females in Sport Day!

## DAY 3

WEDNESDAY 3<sup>rd</sup> SEPTEMBER - LUNCH 1

- **FREE HEALTH CHECKS** D11 – Health Hub
- **PLANK CHALLENGE** Between D and A block

## DAY 4

THURSDAY 4<sup>th</sup> SEPTEMBER - LUNCH 1

- **TUG OF WAR** OVAL
- **WRITE A SPORT POEM**

## DAY 5

FRIDAY 5<sup>th</sup> SEPTEMBER

- **PUPIL FREE DAY**  
Be active at home



**DAILY PRIZES TO BE WON!**  
**GET INVOLVED - ALL YEARS WELCOME.**