

Richmond FC PAW Program

During Week 3, students in Year 3 and 4 were lucky enough to have the opportunity to participate in a footy clinic run by the Richmond Football Club. This clinic is part of the Tiger PAW program at Richmond. PAW is the abbreviated form for Physical Activity and Wellbeing and each and every student who took part, certainly were very active. Marwan and his team engaged the St. Mary's students in various exercises and activities that involved agility, physical movement, skill execution and teamwork. We were also delighted that a number of professional AFLW players could be present. These ladies spoke to the students about the importance of keeping active, fit and healthy and making sure to practice, practice, practice, if a young girl or boy wants to make it to the professional game. Mr. O' asked a number of students what they thought of the program and what they enjoyed about it. Liam from 3G commented that "he loved it because the drills and clinic were so much fun". Dante from 4L noted that "having real footy players there was wonderful". Cienna from 3S thought it was fantastic because "even though I don't barrack for Richmond, I had great fun in participating and learning from the AFLW players".

Many thanks to Mr. O' for taking the time and opportunity to book this experience for the students at St. Mary's.

