St Joseph’s Bardon
Parent & Student
Sport
Handbook
2014
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Any questions or concerns regarding sport at St Joseph’s please direct through the School Office and it will be forwarded to St Joseph’s HPE Specialist Teacher Christie Lewis

School Office hours
8.00am – 4.00pm daily.
Phone: 3369 3020 Fax: 3369 8437
Email: pbardon@bne.catholic.edu.au
Sports and Fitness

At St. Joseph’s School, we have a part time specialist Physical Education teacher who conducts regular lessons across all year levels. An active Physical Education program instructing all classes in a variety of physical skills and developmental activities operates throughout the school. The program includes elements of daily fitness and the development of physical skills across a wide variety of activities/sports. In addition to this, children in the middle and upper school are involved in a sports program with other schools, usually during Term 2.

In Terms 1 and 4, an extensive swimming program is conducted for various year levels by experienced professional coaches. Learning experiences include stroke correction, water safety and water polo.

Our junior students (Prep, Yr 1, Yr 2) participate in a weekly Perceptual Motor Program in Terms 2 and 3. The program provides multi-sensory experiences which give the children a wide range of physical experiences in seeing, hearing, touching, making perceptual movement judgments and reacting to stimuli and surroundings within a physical education setting.

Children from 8yrs upwards participate in a competitive inter-school sporting program involving a cluster of Catholic schools (Zone 4) from the local area. The Zone 4 carnivals include – swimming, cross country and track & field.

St. Joseph’s school is also part of the North West District Sports Association. This provides the opportunity for children from 10yrs upwards to be selected for a wide range of sports at a higher competitive and skill level. From this district level, selected students will compete at the Metropolitan North level or ultimately at the Queensland Schools State Titles. Students individually nominate for sports including tennis, rugby union & league, touch, soccer and netball, softball, AFL, hockey, triathlon. The school will also enter teams/individuals to contest swimming, cross country and track & field carnivals. The City District is open to all students in State, Catholic and Independent schools.

Term 1 - Swimming Lessons (Years 3-7), Years 3-7 Swimming Carnival
Term 2- PMP Program (Prep-Year 2), KM Club (Cross Country), Gala sports (Years 3-7 every 2nd Year alternating with the school musical), Cross Country carnival (whole school)
Term 3 - Athletics carnival (whole school)
Term 4 – Swimming Lessons (Prep-Year 2), Prep-Year 2 Swimming Fun Day
School, Zone and District Sport and Carnivals

There are 3 main levels of sport at St Joseph’s School.

1. **School Carnivals** – **Athletics** (Term 3) and **Cross Country** (Term 2) are whole school events and **Swimming** is separated into a less competitive Prep-Year 2 Fun Day (Term 4) and Years 3-7 Swimming Carnival (Term 1). Age Champion and Runner-Up trophies are given to those age groups who qualify for Zone Carnivals. A minimum 5 competitors in each age group is required to contest an Age champion trophy otherwise those students compete in the closest age group or gender available.

2. **Zone Carnivals** – Carnivals for ages 9-13 years in **Swimming** (Term 1), 7-13 years in **Cross Country** (Term 2) and 8 – 13 years in **Athletics** (Term 3) held throughout the year. These Carnivals are an opportunity for boys and girls to meet other students from Catholic Schools within our area. St Joseph’s School is in B Division (due to enrolment numbers) and competes against 4 other schools Mater Dei Ashgrove, St Ambrose Newmarket, St Finbarr’s Ashgrove and Our Lady of Dolours Mitchelton. Competitors do not move on to another level after this Carnival.
3. **North West District Carnivals** – Carnivals for 10 – 13 years in **Swimming** (Term 1), **Cross Country** (Term 2) and **Athletics** (Term 3) held throughout the year. Students selected for these Carnivals will compete against the top athletes and swimmers in the District (Catholic, Independent and State Schools). On the completion of this Carnival, a North West District Team is selected to then compete at the Queensland Regional Carnival and then Queensland State titles.

The District Carnival date is chosen due to constraints with State and Regional Carnival’s and therefore sometimes falls earlier in the year than the St Joseph’s Carnival. If this occurs, a selection trial takes place to select those elite competitors to compete in the District event. It is expected students competing at District events participate in their selected sport outside of school hours.

More information regarding Metropolitan North Sport and District sport can be found at the websites below:


http://nwdsport.eq.edu.au/

North West District also co-ordinate trials in **selected sports** for 11 and 12 year olds throughout the year. The sports represented are:

**AFL, Basketball, Cricket, Football, Golf, Hockey, Netball, Rugby League, Rugby Union, Softball, Tennis, Touch and Triathlon.**

If your child is interested in trialling for one of these sport please let Mrs Lewis know at the beginning of the year.
<table>
<thead>
<tr>
<th>Sport</th>
<th>State Trial</th>
<th>District Trial</th>
<th>NW -&gt; North</th>
<th>Age Zone</th>
<th>AFL 1</th>
<th>AFL 2</th>
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**School Swimming**

All children at St Joseph’s are involved in a swimming program at the Taylor Range Country Club. Years 3 to 7 children are involved in Carnival preparation, water safety and lifesaving skills and water games in Term 1. The Prep to Year 2 children are taught water safety and stroke correction in Term 4.

The Interhouse Swimming Carnival for Years 3-7 is held in Term 1 at Newmarket Pool and Prep-Year 2 showcase their swimming skills at a Swimming Fun Day in Term 4.

**School Athletics**

Athletics is introduced to the students in the weekly PE lessons in Term 2. Prep and Year 1 learn the skills of sprint starts and finishes, relays and long jump. Years 2 – 7 are taught the athletic skills of sprint starts and finishes, relays, high jump, shot put and long jump. After learning the skill, the students are tested in class to determine the top 8 age competitors in each field event – high jump, shot put and long jump. The Field Event Age finals are completed on a later date.

Each year, the whole school participates in an Athletics Carnival at Marist College Oval (if available), or at a venue to be determined. The children participate in a variety of events to earn points for their colour house. On the day the Preps compete in Sprint and relay races and a fun games rotation. The Year 1-7 students compete in 100m, 200m, 800m races (8 years and above) and fun events such as Turbo Javelin, Shot Put (with Bocce balls) and Fun Relay Games. Ages 8-13 years also compete on a separate day in long jump, shot put and high jump (not 8 years).

**School Cross Country**

The Cross Country Carnival is held early in Term 2 and is a whole school event. The Preps and Year 1 run 500m, Junior runners (born 2007 / 2006) run 1km, Intermediate runners (born 2005 / 2004) run 1500m and Senior competitors (born 2003 / 2002 / 2001) run 2km.

Training for the Carnival begins earlier in the year in weekly PE lessons and is supported by the St Joseph’s Kilometre Club. During the season, competitors are selected to participate in inter-school competitions (with Mater Dei and St Peter Chanel Primary School) and St Joseph’s also takes part in the Ashgrove Rangers Invitational after school event.
**Kilometre Club**

During Term 2 the children may join the Kilometre Club. The club meets every Wednesday morning at 7.30am and on Sunday at 4pm in Bowman Park for Years 2-7 and the school oval for Prep-Year 1. Provided the children record set distances for the season and attend the majority of the Wednesday morning sessions, they are presented with an engraved medal at the end of the season. Lots of Prep children enjoyed this activity last season - they're not too young! This is a tradition at St Joseph's and 2014 is the 26th Year for KM club.

**Perceptual Motor Program**

PMP is a program which aims to develop the child's perceptions and understandings of himself or herself in relation to his/her world, through movement/motor experiences. It is not a physical education program alone, or music, or fitness, or dance, or gymnastics. It is a program that uses facets of all of the above in order to develop children's perceptions. The perceptions and judgments that are formed over time help determine how children react to their environment, to others, and to new ideas.

PMP is different because it aims to develop the child rather than the skill. It is not purely a motor program. It is a perceptual motor program where language is the key factor in providing the perceptual knowledge about the motor experience. The program has its roots in the development of language, the gaining of problem solving skills, and general readiness areas.

Perceptual knowledge/judgment comes from physical and sensory experiences that are repeated over and over. The perceptions that are formed over time help determine how children react to their environment, to others, and to new ideas.

The program is based around 5 key areas – Fitness, Eye tracking, Balance, Eye/Hand Coordination or Eye/Foot Coordination and Locomotion. The skills are introduced in the PE Lessons and repeated in an additional lesson with class teacher. The program focuses on Prep, Year 1 and 2 students.
**Gala Sports**

Every second year (alternate to Upper School Musical), Years 3-7 participate in an interschool Gala Sports Competition. This was developed to enable children from Catholic Schools in our Zone to come together and meet other students whilst playing sport. Each Year level focuses on a specific sport decided by the Zone 4 Sports Committee.

Year 3 - AFL, Year 4 – Soccer, Year 5 – Netball, Year 6/7 – Touch Football

The first 3 weeks the students are taught the skills and rules of the game and the last 3 weeks they play the game against the other schools. This is held on a Friday morning for 6 weeks in Term 2.

**QC Cup**

St Joseph’s participates in the Annual Queensland Catholic Netball Cup held at Downey Park. The school sends teams in Year 5, 6 and 7 age groups and is supported by the St Joseph’s Netball Club.