



Year 8-10 Sport

TERM 3 2024

TERM 3 SPORT

EAST HILLS GIRLS TECHNOLOGY HIGH SCHOOL | 2024

East Hills Girls Technology High School

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Principal – L. Andre

PARENT INFORMATION YEAR 8–10 TERM 3 SPORT 2024

20th May 2024

Dear Parent,

In 2024, students have the opportunity to select a sport in Term 3. It is important to note and consider that some sports incur a fee while others are free of charge.

During **Week 4 of Term 2** 2024, students will choose a sport for Term 3, 2024. **Sport for Term 3 will commence in Week 1 of Term 3 on Wednesday 24th July 2024.** Sport is timetabled for students on a Wednesday afternoon during period 4 and 5 from 12:35 – 2:35pm. Term 3 is a 10-week sport term.

Important Note: Sport is a **mandatory** part of the curriculum for students in Years 7 – 10 in NSW Government Schools with a specified number of hours that must be completed each week. Your child's attendance at sport will be closely monitored by the Head Teacher PDHPE, Ms Bailey and your child's sport teacher. For this reason, we ask that medical appointments be made at a time outside of school hours.

Organisation (including mode of travel) for each sport varies. Students are asked to check Sentral notices, their timetable of check with the Sport Organiser in the PDHPE Staffroom for information relating to travel, wet weather rooms and any additional requirements for individual sports.

Sport Uniform and Sun Safety: Students must wear full sport uniform, including supportive footwear, bring a water bottle and a hat to protect them in the sun. Students are encouraged to wear sunscreen on sport days and reapply before sport begins. Sunscreen will be made available from the PDHPE staffroom and the sunscreen dispensary stations around the school on sport days for all students. Students will not be allowed to leave for external venue paid sports unless they are wearing full sport uniform.

Illness or Injury: Students who are unable to participate in sport because of injuries or medical conditions will need to provide their sport teacher with a note from home. Arrangements can be made with teachers to support students who are unable to participate and/or travel to venues.

Wet Weather on Sport Days: A decision regarding wet weather will not be made until recess on a Wednesday. Sport for students at indoor venues will go ahead as usual. Students can find their wet weather room on their Sentral timetable.

Sport Fee Payments: **ALL sport payments must be received IN FULL by the office no later than 3:00pm on Tuesday 18th June (Week 8 of Term 2).** Missing the payment deadline will result in students being placed into a random school-based sport by the Sport Coordinator, which cannot be changed.

Privacy Note: Information supplied will only be used by sport organisers and school administration.

For sports that incur a fee, would you kindly return the following to school:

1. **A completed Parent Consent Form** that your child will receive from the PDHPE staffroom in 6 of Term 3 of 2024 to the PDHPE staffroom.
2. **The Sport fee** in an envelope, student name, sport name and amount written on the front to the blue payment box in the office **OR** paid online through POP **OR** credit card payment at the school office. **No over the phone credit card payments can be processed due to the Department Of Education Policy.** Your transaction will be finalised once payment has been processed. **Please ensure that payments are received by the due date otherwise your child will miss out. Many families have a credit on their school family account please check with the office first if there is any credit available prior to making a payment.**

Yours faithfully,

L. Andre
Principal

K. Halwagy
Rel. Sport Coordinator

Timeline Process for Term 2 Sport Allocations

| Information | Date | Where to find? | Action required by students? |
|--|--|---|--|
| Term 3 Sport Choices Booklet will be uploaded to <u>both</u> <ul style="list-style-type: none"> - Year Advisor Communication Platform - Sentral Daily Notices | Monday 20 th May 2024 Week 4, Term 3 | Online Platform chosen by year advisor (Showbie/Google Classroom) Sentral Daily Notices | Read through Sport Choices Booklet. Must discuss with parents/guardian if you are interested in a paid sport. |
| Term 3 Sport choice selections email sent from Mr. Borg <ul style="list-style-type: none"> - Check school emails - Make the selection by the due date | Monday 27 th May 2024 Week 5, Term 3 | Check school emails for this email. If you have not received the email, see Mr Borg in the office ASAP Make the selection by the due date (3/6/34) | Make sport selections choosing your 1 st preference and reserve sports. Do not choose paid sports unless you have discussed with your parents/guardian prior. |
| Term 3 Sport choice selections Close | Monday 3 rd June 2024 Week 6, Term 3 | Online | Submit your sport choices in preferential order by no later than to closing time of 3pm. |
| Term 3 Sport choice allocations announced | Tuesday 4 th June 2024 Week 6 Term 3 | Sentral Daily Notices | Check Sentral Daily Notices from Miss Halway to see published list of sports. |
| Term 3 Paid Sport notes available for collection | Wednesday 5 th June 2024 Week 6 Term 3 | PDHPE Staffroom | Students only need to collect a permission note if they have been placed in a paid sport. |
| Term 3 Paid Sport Payments Open | Wednesday 5 th June 2024 Week 6 Term 3 | Notes to white tub in School Front Office | Check permission note details for information on payment. |
| Term 3 Paid Sport notes to be returned | Tuesday 18 th June 2024 Week 8, Term 2 | Notes to white tub in School Front Office | Permission note must be signed by parent/guardian with correct student information on note. |
| Term 3 Paid Sport payments Close | Tuesday 18 th June 2024 Week 8, Term 2 | School Front Office | Ensure payment is made before due date. |

Free Sport Choices (Year 8-10)

Students who are participating in free sport choices which run within the school and the surrounding fields will choose a sport that runs for the 10 Week Term.

Four Way Cricket

Four Way Cricket

Four-way cricket is a unique and innovative format that transforms the traditional game by introducing a quadrangular structure. In this format, four batters compete simultaneously in a single match, creating an exciting and dynamic cricketing experience. The teams rotate between batting, bowling, and fielding in a predefined sequence.

Venue: Smith Park/ Kelso Park South

Transport: Walk to venue

Max Students: 60

Recreational Soccer

Recreational Soccer

Using a wide variety of technique, drills and modified games students will learn and develop a range of skills used within the game of soccer. Students will develop their fine and gross motor skills along with cardiorespiratory endurance. Students will participate as a team to learn about tactics and game play strategy.

Venue: Kelso Park South

Transport: Walk to Venue

Max Students: 60

Recreational Basketball

Recreational Basketball

Using a wide variety of technique, drills and modified games students will learn and develop a range of skills used within the game of basketball. Students will develop their fine and gross motor skills to apply to in game sense activities. Students will participate as a team to learn about tactics and game awareness in court games.

Venue: Smith Park Basketball Courts

Transport: Nil

Max Students: 30

Recreational Netball

Recreational Netball

Using a wide variety of technique, drills and modified games students will learn and develop a range of skills used within the game of netball. Students will develop their fine and gross motor skills to apply to in game sense activities. Students will participate as a team to learn about tactics and game awareness in court games.

Venue: Kelso Netball Courts/ EHGTHS Main Quad

Transport: Walk to venue

Max Students: 30

Recreational Touch/Oz tag

Recreational Touch/Oz tag

Using a wide variety of technique, drills and modified games students will learn and develop a range of skills used within the game of touch football/ Oz tag. Students will develop their fine and gross motor skills to apply to in game sense activities. Students will participate as a team to learn about tactics and game awareness in invasion games.

Venue: Kelso Park South

Transport: Walk to venue

Max Students: 60

Volleyball/Newcombe Ball

Volleyball/Newcombe Ball

Students will use a wide variety of techniques, drills and modified games to learn and develop a range of skills used within these games. Students will develop their fine and gross motor skills and apply them to game sense activities. Students will participate as a team to learn about tactics and game play strategy in net/court games.

Venue: EHGTHS Main Quad/ Sports Centre

Transport: Nil

Max Students: 30

Mini Tennis/Badminton

Mini Tennis/Badminton

They will use a wide variety of techniques, drills and modified games to learn and develop a range of skills used within these games. Students will develop their fine and gross motor skills and apply them to game sense activities. Students will participate as a team to learn about tactics and game play strategy in net/court games.

Venue: EHGTHS Senior Quad

Transport: Nil

Max Students: 30

Group Fitness

Group Fitness

Group Fitness is an excellent opportunity for students to participate in modified resistance and HIIT training sessions run. Using a range of equipment, students will have the opportunity to exercise in a small group, with a teacher instructing them on the correct use of different equipment. Group fitness is an excellent opportunity for students interested in joining a gym outside of school and equips students with lifelong skills in resistance and HIIT training.

Venue: EHGTHS Fitness Room

Transport: Nil

Max Students: 20

Green Group

Green Group

Green Group is an excellent opportunity for students to learn skills and knowledge around organic gardening, food preparation and participation in increasing biodiversity within the school. Green Group caters to students with diverse needs with the focus of the program being social and therapeutic gardening/urban farming and soil regeneration.

Venue: EHGTHS

Transport: Nil

Max Students: 20

EXTERNAL VENUE SPORTS WITH A FEE

Payment is made via the school's website/portal.

When making an online payment, please select "**Sport**" and type in the sport you are paying for in the payment description.

The office must RECEIVE FULL PAYMENT by the due date – 3pm Tuesday 18th June 2024, Week 8, Term 3

Tennis and Pickleball – Panania Tennis Centre

Students will learn tennis and pickleball skills and rules. They will play minor games and have the option to play singles or doubles tennis. Students will gain and improve the hand eye and fitness skills associated with tennis as well as compete against each other.

Venue: Kelso Park Tennis Centre

Staff: EHGTHS Staff Member

Transport: Walk to Panania Tennis Centre

Max Students: 30

Cost for Term 3: \$60

Futsal – Panania Tennis Centre

Using a wide variety of technique, drills and modified games, students will learn and develop a range of skills within the game of Futsal on synthetic turf. Students will develop their gross motor skills and endurance to apply in game-sense activities. Students will participate as a team to learn about tactics and game awareness in invasion games.

Venue: Kelso Park Tennis Centre

Transport: Walk to Panania Tennis Centre

Max Students: 30

Cost for Term 3: \$60

Body Coaching High Performance Panania

The BHP sport program is delivered by a qualified personal trainer and is designed to teach students functional strength movements with correct technique and muscle activation, using a variety of equipment. BHP progresses the sessions week to week and there is always free gym time at the end for students to work on the exercises they enjoy. The program is designed to be fun and challenging while building student confidence in a gym setting for when they start their own strength training.

***Waiver must be signed by parent/guardian to attend Body Coaching High Performance Panania.**

Venue: Panania

Staff: EHGTHS Staff Member

Transport: Walk to BHP Panania

Max Students: 30

Cost for Term 3: \$70

EXTERNAL VENUE SPORTS WITH A FEE AND BUS TRAVEL (Year 8-10 ONLY)

Ice Skating - Liverpool

Ice Skating promotes the use of leg and abdominal muscles as they are working hard to keep you moving, which in turn helps to build core strength. Ice-skating also improves joint flexibility due to the synchronised movement of your legs. You are also working on your balance (we all feel that one!) and your agility.

Venue: Liverpool Sporting Complex

Transport: Bus

Max Students: 50

Cost for Term 3: \$210

Flip Out – Flip Out Revesby

Students will learn a range of skills across the Flip Out trampoline apparatus. Students will use various locomotive skills to perform a range of movement skills, helping students to develop cardiovascular endurance, core strength, balance, and coordination.

***Waiver must be completed online by parent/guardian to attend Flip Out Revesby**

***1x Flip Out Socks are included in cost. If students fail to bring socks to Flip Out Revesby another pair WON'T be supplied and students will have to pay for another pair.**

Venue: Flip Out Revesby

Staff: EHGTHS Staff Member/s

Transport: Bus

Max Students: 50

Cost for Term 3: \$205

ALL SPORTS – Costing

| Free sport | | |
|--------------------------|---------------------------------|-----|
| Name of Sport | Venue | Fee |
| Recreational Soccer | Kelso Park South | Nil |
| Four Way Cricket | Smith Park/ Kelso Park South | Nil |
| Recreational Basketball | Smith Park Basketball Courts | Nil |
| Recreational Netball | Kelso Courts/ Main Quad | Nil |
| Recreational Touch/Oztag | Kelso Park South | Nil |
| Volleyball/Newcombe Ball | EHGTHS Main Quad/ Sports Centre | Nil |
| Mini Tennis/Badminton | EHGTHS | Nil |
| Group Fitness | EHGTHS Fitness Centre | Nil |
| Green Group | EHGTHS | |

| Paid Sport - No Travel Fee | | |
|--------------------------------|-----------------------|----------------|
| Name of Sport | Venue | Fee for Term 2 |
| Tennis/Pickleball | Panania Tennis Centre | \$60 |
| Body Coaching High Performance | BCHP Panania | \$70 |
| Futsal | Panania Tennis Centre | \$60 |

| Paid Sport – Including Travel Fee | | |
|-----------------------------------|------------------|----------------|
| Name of Sport | Venue | Fee for Term 2 |
| Ice Skating | Liverpool | \$210 |
| Flip Out | Flip Out Revesby | \$205 |

The office must RECEIVE FULL PAYMENT by the due date – 3pm Tuesday 18th June 2024, Week 8, Term 3

Failure to meet the **payment deadline for a PAID sport** will result in students being placed into a random school-based sport by the Sport Coordinator, **which cannot be changed**.