Welcome

Our approach

In the Junior School we endeavour to develop the children’s fitness, strength, coordination, flexibility, speed, agility, resilience, body awareness and orientation, game skills and knowledge, ability to work independently and with others. Students are exposed to different games, sports, activities and environments across their schooling years.

We believe that there needs to be a partnership with parents, community sport and school to develop children into able, strong and robust sports people. If your child expresses an interest in a sport and you are keen for them to pursue this, we encourage further development at home and by introducing them to the sport at club level. We also encourage the idea that sport and activity are not confined to school alone. It is important for their development to be active at home and within their community.

We provide homework books for students in Years 1, 2 and 3 as we know there is a need for guidance in learning ball skills, skipping and other activities. We encourage parents and siblings to get involved with this to motivate learning and development.

Within this handbook we have detailed our cocurricular program which is the activities/sports offered outside of the curriculum. These are optional programs that expose students from Pre Primary to Year 6 to opportunities to be active and develop their skills. We have also detailed the Junior Independent Girls’ Schools Sport Association (JIGSSA) events for 2016 that Years 4-6 take part in. Note: JIGSSA Cross Country is also open to Year 3 students.

Our goal is to develop active, self-reliant and positive students. We know that participation in physical activity pays dividends beyond our Physical Education curriculum. We look forward to students developing a love and appreciation of sport at St Hilda’s Junior School.
Codes of Behaviour

At St Hilda’s, staff encourage life-long participation in sport and provide nurturing environments in which your children participate. It is important that all players and spectators respect each other and behave in an appropriate manner according to a code of behaviour. Players and spectators who fail to adhere to the codes of behaviour outlined below may be reprimanded. The Junior School Physical Education Department and the Head of Junior School will be informed and appropriate action taken.

Code of behaviour for players

• Be a good sport. Applaud all good plays whether they are made by your team or the opposition.
• All participants will conform to the standards of dress as required by St Hilda’s.
• There should be no interaction with the umpire about decisions – an umpire’s decision is final.
• Treat all participants in your sport as you like to be treated.
• Players should concentrate on play rather than focusing on the score and participate for their own enjoyment.
• Cooperate with your coach, team mates and opponents. Without them there would be no competition.
• Participation should be challenging and enjoyable.
• If a student is unable to play in a match due to illness, injury or another commitment she must inform the person in charge of the team as soon as reasonably possible.
• Students are required to attend all training sessions, games and carnivals.
• If a student signs up for a sport she is required to play for the duration of the season.

Code of Behaviour for Spectators (Friends and Parents)

Spectators should:

• Encourage good sporting spirit.
• Show enthusiasm and encouragement for all players.
• Reward the efforts of the players rather than the outcome of the game.
• Show respect for the rules and those in authority by word and example.
• Refrain from any verbal and physical abuse.
• Encourage the players to adopt a healthy attitude towards winning and losing by demonstrating a controlled, disciplined approach towards competition.
• Applaud good performance and efforts from all individuals and teams. Congratulate all participants on their performance regardless of the game’s outcome.

All efforts should be made to resolve team issues internally by the Coach. If a resolution cannot be made Coaches will contact Physical Education staff.

Reprimand

Reprimands will be at the discretion of the Physical Education staff and the Head of the Junior School and may be in the form of:

• Verbal or written warning
• Suspension from games for a short period of time
• Removal from the competition for the season

SupPORT (Parent Support Group)

Sport at St Hilda’s is well supported by volunteer parents who fulfil a number of very important tasks to help the girls and the Physical Education Department. SupPORT assists with activities including assisting with breakfasts at the completion of morning training, timing, scoring, place judging and general assistance at sports carnivals. The SupPORT group is keen to increase its number of volunteers, so if your daughter loves sport and you would like to get involved, please contact Reception on 9285 4500 or e-mail jssport@sthildas.wa.edu.au
2016 Sports Calendar

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Key Dates

Please regularly check our website calendar for latest details.

- **Junior School Swimming Trials**: 11 February
- **State and Colleges Relay Competition**: TBA
- **Junior School Interhouse Swimming Years 3 & 4**: 9 March
- **Junior School Interhouse Swimming Years 5 & 6**: 9 March
- **JIGSSA Swimming Carnival Years 4-6**: 17 March
- **JIGSSA Twilight Swim Meet Years 4-6**: 22 March
- **JIGSSA Year 4 Winter Games**: 21 June
- **JIGSSA Year 5 Winter Games**: 22 June
- **JIGSSA Year 6 Winter Games**: 23 June
- **Junior School Interhouse Cross Country Years PP-6**: 25 July
- **SSWA Champion Schools Cross Country Years 4-6**: TBA
- **JIGSSA Girls Cross Country Years 3-6**: 2 September
- **Junior School Interhouse Field Events**: 14 September
- **Junior School Athletics Fun Day K-2**: 15 September
- **Junior School Interhouse Track Events**: 16 September
- **JIGSSA Athletics Year 6**: 24 October
- **JIGSSA Athletics Year 5**: 25 October
- **JIGSSA Athletics Year 4**: 26 October
- **Summer Sports Day Year 6**: 8 November
- **Junior School Aqua Fun Day K-2**: 11 November

Please contact Reception for details of the following sports available through external providers:

- Dancing
- Kidz n Sport
- Taekwondo
- Tennis
Sport Summaries

Athletics

Term: 3  
Year Groups: 1 - 6  
Training: TBA  
Requirements  
School sports shirt, school sports shorts, blue sports socks, school sports hat, running spikes (optional) and water bottle  
Competitions  
- Interhouse Field Day (Compulsory for Year 3-6)  
- Interhouse Athletics Carnival (Compulsory for Year 3-6)  
- JIGSSA Years 4 - 6 Athletics Carnival (Compulsory for all students)  

Find your local club  
WA Little Athletics Association www.walittleathletics.com.au

Cross Country

Term: 3  
Year Groups: PP - 6  
Training: TBA  
Requirements  
School sports shirt, school sports shorts, blue socks, school sports hat and water bottle  
Team Selection: The team is selected according to attendance and performance at training, time trials and Interhouse Cross Country Competition  
Competitions  
- Interhouse Cross Country (Compulsory for all students from Years PP to 6)  
- JIGSSA Cross Country Competition (Selected students from Years 3 to 6)  
- SSWA Champion Schools Cross Country Competition (Selected students from Years 4 to 6)

Basketball

Term: 4  
Year Groups: 3 - 6  
Training: TBA  
Matches: All Teams – Thursday at WA Basketball Stadium  
Team Selections: The teacher-in-charge will select teams  
Coaches: External coaches  
Requirements  
Mouthguards (advised), school sports shirt, school sports shorts, blue sports socks, school sports hat and water bottle  
Find your local club  
Basketball WA www.basketballwa.asn.au

Swimming

Terms: 1 and 4  
Year Groups: 3 - 6  
Training: TBA  
Requirements  
Interschool bathers, interschool cap, school swimming cap, towel and goggles  
Team Selection: The selection is based on performance and attendance at time trials, Interhouse Carnival, and training  
Competitions  
- Interhouse Swimming Carnivals Years 4-6 (compulsory for all students)  
- JIGSSA Years 4-6 Interschool Carnivals (compulsory for all students)  
- JIGSSA Twilight swim meet (selected students)  
- Schools’ and Colleges’ Relays (selected students)
Netball

Netball is offered through the St Hilda’s Netball Club. All information is available on our website – www.sthildas.wa.edu.au under the Community tab. Please note that this is a graded competition in accordance with the Matthews Netball Centre Saturday Morning Competition. Physical Education staff will attend some game days.

**Term:** 1 - 3  
**Year Groups:** 3 - 6

Minkey

Please note that this is a non-graded, participation based competition and Physical Education staff will attend some game days.

**Term:** 1 - 3  
**Year Groups:** PP - 4  
**Training:** TBA  
**Requirements**  
Hockey stick, mouthguard (compulsory), shin pads, school sports shirt, school sports shorts, school hockey socks, school sports hat, and water bottle  
**Matches:** Morning matches at Melvista Oval, Nedlands  
**Coaches:** External coaches  
**Find your local club**  
WA Hockey Association www.hockeywa.org.au

Water Polo

Please note that this is a non-graded, participation based competition and Physical Education staff will attend some game days.

**Terms:** 1 and 4  
**Year Groups:** 3 - 5  
**Training:** TBA  
**Requirements**  
Mouthguards (advised), school bathers and swimming cap  
**Matches:** All Teams – Friday evening at HBF Stadium  
**Team Selections:** The teacher-in-charge will select teams  
**Find your local club**  
West Australian Water Polo Association www.waterpolowa.asn.au
Physical Education Staff

- Naomi Bryant
- Lara Clarke (Junior School PE specialist)
- Angela Cowcher (Sport Admin Assistant)
- Clare Hart
- Emma King
- Michael O’Sullivan
- Steve Petsos
- Wendy Rickarby (Junior School PE specialist)
- Sharon Sinclair (Head of Physical and Health Education)
- Jo Swain
- Zoe Timmers
- Emme Wild (Head of Sport)

Please do not hesitate to contact the Junior School Reception for further details on 9285 4500 or email jssport@sthildas.wa.edu.au