

Fernbrooke State School

2024

School Sports Handbook

Current from 7/3/24



Fernbrooke
STATE SCHOOL



FERNBROOKE
FALCONS

Health and Physical Education and School Sport is an important part of the Fernbrooke State School curriculum and enrichment programs. The school works hard to ensure there is a positive culture and pathways for students to take an active role in in Physical Education and School Sport.

This booklet will outline information and selection pathways for students enrolled at the school. At the time of print dates, venues and staffing was correct, this may change throughout the year.

1. Health & Physical Education Curriculum

The Australian Curriculum and Queensland Curriculum and Assessment Authority subjects/work programs are implemented across the school. Physical Education teachers and class teachers are required to implement the curriculum as outlined by the ACARA and State Schooling. This is an overview of the focus areas in the three learning junctures of the school. Teachers will also teach unit of works leading up to the annual sports carnivals.

CURRICULUM	Prep- Year 1	Health & Physical Education Physical Activity Personal Development Health P&P (Prep)
	Year 2-3	Health & Physical Education Physical Activity Personal Development Health
	Year 4-6	Health & Physical Education Physical Activity Personal Development Health Representative School Sport

2. Athlete Development Program

The Athlete Development Program-ADP is an innovative program which caters for gifted students in years 4-6 across all sporting disciplines. The program will be limited to number of students per group. The program aims to develop young sportspeople in terms of their:

- Sporting skills & fitness
- Enthusiasm towards sport and school
- Academic work, through sport
- Sportsmanship and school citizenship

Rationale

The Athlete Development Program is in keeping with Fernbrooke's commitment to providing students with the opportunity to exceed expectations and achieve excellence in all aspects of school and community life. The program will offer talented athletes (students) an opportunity to develop their sporting skills alongside their academic achievements in a supportive school environment.

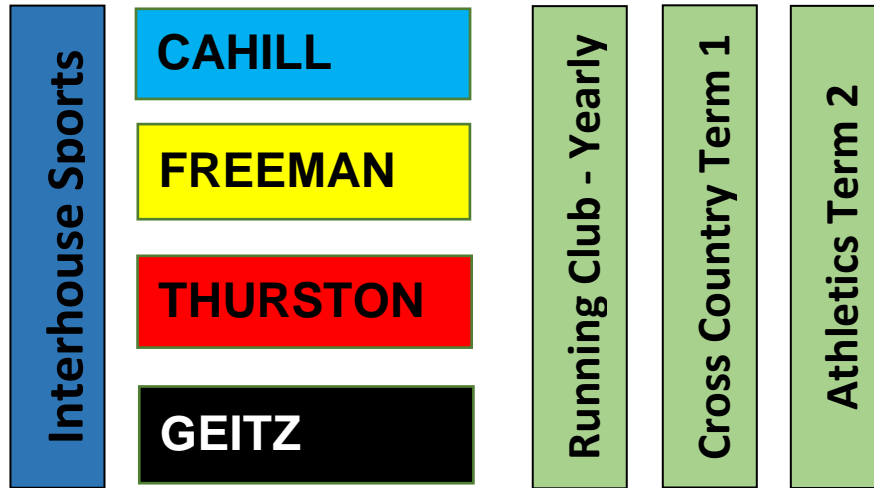
This program aims to actively promote and enhance sport in the school. The program will be offered to students in years 4-6, focusing on the importance of providing students with learning experiences that allow them to pursue sporting excellence.

Aims / Objectives

- To provide students who have identified sporting ability and talent with an opportunity to develop their physical abilities and skills alongside their academic studies.
- To maintain and develop a sporting code of ethics.
- To develop and promote sport in the school and wider community.
- To promote fitness and wellbeing with the students.
- To develop skills of the student as an individual athlete.
- To provide a balance between sport and academic studies.
- To develop and promote students as worthy sporting role models for other students.
- To raise awareness of the need for quality physical activity.
- To provide a theory of sports/fitness to help improve students as athletes.

3. Interhouse Sports

Fernbrooke State School has four sports houses, Cahill, Freeman, Thurston & Geitz. There is a strong sense tradition and competition between the houses. On enrolment students are placed in one of four Sports Houses. This is due to balancing house numbers, age groups and genders across the four houses. Age Champions will be awarded to 10-year-olds and above for both females and males for the Interhouse Carnivals.



The following is an overview of each carnival and what each age group will participate in.

Cross Country

The following distances are outlined for each of the age groups and genders.

	Prep	Year 1	Year 2	Year 3	9 yrs	10 yrs	11 yrs	12/13 yrs
Girls	200m	400m	1km	1km	2km	2km	3km	3km
Boys	200m	400m	1km	1km	2km	2km	3km	3km

Athletics

Senior Carnival

Non-Championship Events	Any students in Years 4-6	Participation Sprint & Tabloid Sports
Championship Events (Age Champions Awarded)	Students who NOMINATE per event turning, 10, 11 or 12 in that calendar year.	100m, 200m, 800m, 1500m, Long Jump, High Jump, Shot Put & Discus

Junior Carnival

Participation Events	Students in Prep – Year 3	Sprints, Long Jump, High Jump, Shot Put, Discus & Tabloid Games
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All carnivals are coordinated by the HPE teachers. Parents are encouraged to attend each of the days and support all students.

4. Representative School Sport



Representative Sport

Fernbrooke State School is located within the Central Comets District Catchment. Below are the policies and procedures for an invitation to a specific trial.

APPROVED DISTRICT SPORTS

SPORT	10-12 year olds
AFL	Boys/Girls
Aquathlon*	Boys and Girls 10-11yrs
Athletics*	Boys/Girls
Basketball	Boys/Girls
Cricket	Boys/Girls
Cross Country*	Boys/Girls
Netball	Boys 10-12yrs Girls 10-12yrs & 10-11yrs
Rugby League	Boys 10-11yrs & 11-12yrs Girls 11-12yrs
Rugby Union	Boys 11-12yrs Girls
Football	Boys/Girls
Golf	Boys/Girls
Hockey	Boys/Girls
Squash	Boys/Girls
Swimming*	Boys/Girls
Tennis	Boys/Girls
Touch Football	Boys/Girls
Triathlon*	Boys/Girls 12yrs+
Softball	Boys/Girls
Volleyball	Boys/Girls 12yrs+
Baseball	Boys/Girls 12yrs +

* Sports that include multi-class pathways

Nomination Process and Policies

Central Comets has a policy where schools are only able to nominate a total of 3 students per sport (with some exceptions being Cross Country and Athletics). Due to this, at the start of each term, Mr Laughton will email all classroom teachers of students in years 4, 5 & 6 asking which sports they would like to nominate for that term. If the number of students exceed 3, then a trial will be held at a lunchtime before the district trials.

Attendance Policy

If a student is invited to attend any representative sporting trial and are unable to attend for whatever reason, parents/guardians must contact one of the HPE teachers at the school prior to the event. If a student simply does not attend without notification, this may result in them forfeiting an opportunity to be nominated in the future.

Uniform Policy

Students are to attend all Central Comets trials in their full school uniform. Students who are nominated for Cross Country, Track and Field, Rugby League and Rugby Union will be supplied with sport specific uniforms for competition.

Student Code of Conduct

Students who are nominated for a district or Gala team are expected to adhere to a student code of conduct outlined below.

S	SAFE	<ul style="list-style-type: none">❖ Respect others' personal space and property❖ Care for equipment❖ Clean up after yourself❖ Use respectful language❖ Wait your turn❖ Resolve conflict without aggression❖ Stay within safe school areas
T	THINKER	<ul style="list-style-type: none">❖ Manage time and movement effectively around the school❖ Listen attentively
A	ATTENDANCE	<ul style="list-style-type: none">❖ Every day at school counts.❖ It's against the law for students not to attend school.❖ Attend all training sessions
R	RESPECTFUL	<ul style="list-style-type: none">❖ Use equipment appropriately❖ Keep hands, feet and objects to yourself❖ Show respect for self/others/place❖ Interact appropriately❖ Be a good sport. Encourage and support your team members.❖ Show respect for yourself, your team mates, officials, your opponents and their skills.
S	SUCCESSFUL	<ul style="list-style-type: none">❖ Ask permission to leave the classroom❖ Be on time❖ Be in the right place at the right time❖ Follow instructions straight away❖ Accept responsibility for your own behaviour❖ Work equally hard for yourself and your team – your team's performance will benefit and so will your own.

Students are expected to fulfil these expectations without exception, and they fully understand by signing this declaration, that they could face suspension from games or exclusion from the team if these expectations are not met.

Central Comets School Sport

All students invited into a central comets team will be given their paperwork immediately after the trial. Any questions or concerns can be taken to the team's manager/coach.

Met West School Sport

Information on all trials and other regional sports can be found on the Met West School Sports webpage.

<https://metwestschoolsport.eq.edu.au/>

5. Gala Sport

Fernbrooke State School is part of the Greater Springfield Primary School Sport competition, also known as Gala Sport. Gala sport takes place for 3 weeks on a Friday during terms 2 and 3.

Students in years 5 & 6 are invited to participate in the following sports.

Term 2 Gala Sports:

- Rugby League
- Football
- Netball

Term 3 Gala Sports:

- Touch Football
- Basketball
- AFL

Students nominate at the start of term 1 and term 3 which sport they would like to participate in. This is done through the Friday Sports Program held at the school. For a student to be selected into a Gala team, they must choose that sport as their Friday Sport option.

Trainings

Training sessions are held firstly during the allocated Friday Sports time slot, as well as an additional session one lunch break per week.

Selection Policy

Due to restrictions from numbers requiring bus transport, not all students will be able to participate in a Gala sport. Therefore, during Friday Sports, trials will be held to select a Senior and Junior team for most sports.

Student Code of Conduct

Please refer to the Student Code of Conduct for District Sport as the same expectations apply.

6. Fernbrooke State School Sports Awards Night

Each year in term 4, Fernbrooke State School holds an annual Sports Awards Night to highlight the achievements of our athletes throughout the year. Throughout the night there will be special guests and many presentations for the various extra-curricular activities undertaken that year. Some of the awards for the night include:

- Gala Sports
 - Players Player & Coaches Award
 - Premiers and Runners Up
- Athlete Development Program
 - Completion of the program
 - Various other recognitions

- Representative School Sport Recognition
- Sportsman and Sportswoman of the year

Students who have been nominate for an award will be notified prior to the event.

7. Sports Captains

Sports house captains are elected at the end of each year. Students in Year 5 can nominate to be a sports house captain during Term 4 for the following year. There are two house captains for each Sports House: Thurston, Geitz, Freeman and Cahill that is not gender based.

PE and senior school teachers will run the elections at the first sports house meetings. Students wishing to nominate for one of these positions will be invited to self-nominate prior to the meeting. They should be prepared to say a short (1 minute speech) to outline to students in their house why they would be the best leader for the position. After each student has had a chance to speak teachers will call for a vote. The two students with the highest number of votes will become the Sports House Captains.

Students wishing to become sports house captains should be prepared to carry out the following duties:

- Lead their teams at school sports carnivals (athletics and cross country) by organising cheers, encouraging students to participate, assisting younger students and keeping their team area clean.
- Assist the PE teachers with setting up and packing up for all of the school's sports carnivals.
- Putting up and taking down goal post pads each day.
- Organising teams for the students v Teachers competitions.

8. Swimming Lessons

Swimming lessons are offered to all students at Fernbrooke State School in terms 1 and term 4. There will be a total of 3 lessons per class group with a small fee to cover transport and swimming instructors.

9. Contact Details

Fernbrooke State School HPE Teachers

Mr Nathan Laughton
Mr Nathan Josefski

nlaug0@eq.edu.au
njose15@eq.edu.au

Or contact the School Office on (07) 3819 7444.