

Sport and Physical Education 2008

The Guardian Angels school sport and physical education program in 2008 will be headed by Zac West with the assistance of teachers throughout the school. Each class will be given a 40 minute Physical Education lesson per week as well as one swimming lesson and daily physical activity by classroom teachers. Interschool sport for Years 5 – 7 will operate in Term 2 and Term 4.

The school is also lucky to have development officers from rugby league, rugby union, AFL and hockey organizations coming into the school to deliver programs to help develop the skills of the students.

Goals for the physical education and sport programs at GA in 2008 will be for maximum participation from the students as well as the development of skills and techniques in that sport or activity. GA aims to cater for those students who engage in sports for fun and friendships and for those who aim to compete at the highest level available. It is hoped that as a result of giving the students exposure to our programs that they develop a passion for physical activity thus resulting in healthy lifestyle choices whilst in their schooling years and beyond.

Term 1

Swimming Carnivals for students aged 8 -13

Cross Country Carnival

Gold Coast Titans Visit – Assembly and Coaching Clinic

AFL – Essendon Bombers Leadership players to talk with Year 7 Students

Gold Coast Rugby Union Skills and Development Sessions

Term 2

Interschool Sport for Year 5 – 7. Students will compete on Friday afternoons against other school in the North Zone District in rugby league, soccer, netball, basketball, hockey and touch football.

Term 3

School Track and Field

Prep – Year 2 Athletics & Games Carnival

Term 4

Summer Sport – The school offers the opportunity for students in Years 5-7 to compete against other schools in cricket, basketball and touch or to engage in recreational sports such as self defence, AFL, sailing, gymnastics, golf, aerobics and indoor sports.

Prep – Year 2 **Swim Carnival**. This is a fun event where everyone is a winner.

Aquathon – Students will compete against other Catholic Schools in the annual Aquathon. This comprises run – swim - run legs.