



PDHPE & Sport

Information Years 7-10

The aim of the PDHPE and Sporting Program at Danebank is to develop students' capacity to enhance personal health and wellbeing, enjoy an active lifestyle, maximise movement potential and advocate lifelong health and physical activity.

This is done with a number of different strands from the syllabus.

1. Self and Relationships where the interdependence between sense of self and the health and well being of themselves and other are explored.
2. Movement, skill and performance where students recognise the enjoyment that active participation presents in a range of movement contexts.
3. Individuals and Community health where issues that relate to personal and community health are evaluated so that the decisions and behaviours of the students increase their knowledge and help to minimise harm to themselves and others.
4. Lifelong Physical activity explores students willingness and capacity to engage in enjoyable, fulfilling lifelong physical activity.

In all these strands Danebank students are continually challenged to consider their Christian values and teachings in a world wide context and to realise that

there is a complex relationship between body, mind and spirit.

PDHPE is compulsory for all students from Years 7 through to Year 10.

PASS (Physical Activity and Sports Studies) is an elective subject for Years 9 and 10. This is for girls who would like to extend their knowledge of PDHPE. It involves theory and practical.

A 2 Unit Course in PDHPE is offered to students in Years 11 and 12 (Stage 6) and has proven to be one of the more popular electives in NSW schools.

There is a Senior and Junior Lifeskills class who are catered for using the rationale, aim, objectives, outcomes and content of the PDHPE Lifeskills Syllabus.

General Information – Assessments, reports and discipline

Assessment in PD/H/PE is an ongoing process and takes into consideration class results as well as the following areas:

Attitude, behaviour, independent learning, peer teaching, group work etc.

Girls are expected to be co-operative, polite and attentive at all times. All students are expected to be willing to assist with the safe collection, distribution and putting away of any equipment used. Any girl who is unable to actively participate should be ready to help as much as possible. Appropriate behaviour is expected at all times from the start to the finish of all lessons including any travelling to and from sport and in the changing rooms. Students are expected to work on their own or in groups at given tasks without constant supervision by staff. This is known as independent learning and is part of the overall learning process. There will be opportunities for peer teaching and working in groups which involves co-operation and active participation by everyone. There will be a range of appropriate assessment strategies including self-assessment and peer assessment. Being organised and showing initiative during lessons is an integral part of the learning program.

Organisation

With the exception of swimming, girls are expected to change for practical classes in the gym change room or their allocated change area. Classes must wait inside the gym for their teacher.

1. No valuables (including mobile phones and ipads) are to be taken to PE or Sport. Students are responsible for their own valuables during school time. If necessary, they can leave valuables in their lockers. PDHPE staff are unable to adequately supervise valuables during a lesson and will not be responsible for lost items.
2. Sports uniform - is required for all practical lessons. There is a summer sports uniform (shirt and shorts) and a winter sports uniform (tracksuit). Good quality running shoes are recommended for safety reasons. On cold days it is advisable to wear shorts under track pants to lessons where you may get very hot and sweaty eg fitness/cross country. It is easier to put track pants on after you run if you are cold. Socks and shoes should be predominantly white. Shin pads and mouthguards are advised when participating in hockey and soccer at sport.
3. Sun protection - strongly recommended eg protective cream and hat.
4. Asthmatics and Anaphylactic - must have Ventolin spray or EpiPen readily available if necessary.
5. Water Bottles- are encouraged in all lessons, in particular, Fitness, Athletics and Cross Country units. Please ensure that you take your bottle back to school after the activity.
6. Swimming – School swim costume, house cap, goggles and towel are needed each lesson. Girls are to change in the pool change rooms before and after their lesson and return to school in full uniform including shoes. No one is to leave the pool building in swimmers. This is a safety issue and school regulation.
7. Lifesaving - In the lifesaving unit, girls may require certain clothing for awards. Please ensure these are collected from the pool. There is a clothesline behind the pool where wet clothing may be hung to dry. We will not take any responsibility for clothes left here. Please collect all your gear at the end of the day.
8. Surf Board Riding (Yr 10 only)- Girls are permitted to wear board shorts or wet suits over their school swimming costume. This is to prevent board rash.
9. Health Lessons – Girls will be working in their exercise books with their chosen device to assist in research matters. All work must be completed at home if unfinished during class time. If absent, it is the student's responsibility to catch up on any work missed.
10. Homework and Assessments – Students are expected to complete all set work by the due date. Penalties will apply for any work handed in late. This is the same as all other subjects.
11. Homework (PE and Sport) - Students are also expected to practice their skills in the practical component of the course. Some units are assessed and results will improve with practice. Particular areas that often need more attention are aquatics, fitness, ball skills, cross country and gymnastics. A Doctor's certificate (Year 9) or a letter from a parent or guardian will be required if a student is absent for an assessment task.
12. Safety - No student is to be in the gym or on any equipment without a teacher present. All equipment should be carried safely and returned to its correct place. When travelling by bus please take care and follow these instructions: -
 - walk safely to and from the bus.
 - No eating or drinking on the bus.
 - Please clean your shoes/feet before getting on the bus (particularly when going to the beach).
 - Sit and face the front of the bus for the duration of the journey. Keep arms etc inside the bus. Have respect for others – inside and outside the bus.
 - It is hard for the driver to concentrate if the noise level is too high – please speak quietly and only to the person next to you.

- Don't stand up or attempt to get off until the bus has completed the journey.
- Always watch for traffic when getting on or off the bus.
- Help with any equipment on and off the bus in a safe manner.

13. Manners - Please remember to say please and thank you! From Years 7 – 10 we visit many venues and have assistance from a variety of specialist instructors. Danebank School has an excellent reputation for well-mannered and polite students. Don't let yourselves or the school down by leaving your manners at home!

14. Illness/injuries - If you cannot participate in a practical lesson, a note from your parents must be given to your teacher at the start of the lesson. A Doctor's Certificate is required for any problem which prevents you from participating for more than 2 weeks. We encourage girls to change into sports gear and participate at a lower level for minor problems as the benefits of some exercise and social interaction will often make them feel better! It is often very difficult to have an alternative activity for those who cannot participate and we encourage them to be involved in the lesson in some other way eg umpiring, scoring, recording results. If you have an injury during sport or PE, you MUST report it to a staff member as an accident report must be completed.

Participation

The roll is marked at the beginning of every lesson:

Tick = changed into correct gear. No socks etc will also be recorded.

N = Note from parent.

DC = Doctors Certificate.

A = absent from school – attendance is important!

Exc = school excursion

NG = No gear. This will be recorded in the Edumate Welfare and Discipline register.

The participation result is based on the number of lessons a student attends, participates actively and is in correct sports gear. School excursions are not considered an absence.

UNIFORM – *The presentation of your uniform is important. Girls must wear the correct gear as set out earlier. Pack your bag the night before.*

Disciplinary and/or Learning Problems:

Any breach of the school rules during class time will be dealt with accordingly and recorded in the Edumate register. Students who are experiencing difficulties will be spoken to by their class teacher and given strategies to help them improve. If a student does not make an effort to improve, the Head of Department may

contact their parents/guardians to discuss the matter further. The Year Adviser and Deputy Principal Student Wellbeing, will be informed of the situation and as a team will endeavour to assist the student. Please speak to your class teacher or Head of Department of PDHPE if you are having any problems.

Other Sporting Opportunities

There are many wonderful opportunities for all students to become involved at Danebank. The more you become involved in the life of the school, the more you will get out of it. Don't worry if you are new to a sport as teams are graded and so is the competition. What you will gain is invaluable in winning and in losing. As well as developing the physical skills, sport will develop both your personal and social responsibility.

Attendance at training and COMMITMENT to a team or activity is a big responsibility. Don't let your team or yourself down by lack of dedication.

Representative Opportunities

All students have the opportunity to represent Danebank at the following levels: -

- IGSSA – represent Danebank against other IGSSA member schools.
- Combined Independent Schools (CIS) – an IGSSA representative who will compete against other Independent Schools
- All Schools – a CIS representative who will compete against CHS (Government schools) and CCC (Combined Catholic Schools)
- NSW Schools Sport Australia – representing NSW at National School Sport Australia events.

School based competitions

1. House Competitions – There are various events throughout the year, which encourage all girls to participate. There are also leadership opportunities such as house official positions at events eg Swimming Term 1, Athletics Term 2 and House Festival Day Term 3. Girls who perform well in swimming, cross country and athletics will have the chance to represent Danebank at the IGSSA carnival, CIS and All Schools Carnivals.
2. Cross Country Competition - Kindergarten through to Year 10 will complete a course appropriate to their ability level. All students will have training leading up to the event in their Sport lessons.
3. Tennis Competition – There is a tennis competition organised for Semester 2. This is generally held during school time.



Inter School Sporting Competitions

Girls are required to attend all scheduled training sessions and games/competitions. Sporting teams are organised midway through the previous term. Please watch the bulletin, newsletter and announcements in Sport lessons concerning the signing up and return of permission slips.

Term 1: IGSSA Swimming, IGSSA Softball, Danebank Invitation Water Polo Competition, IGSSA - Tildesley Shield Tennis Competition (2 day comp), IGSSA Tennis, Invitational Badminton.

Term 2: IGSSA Cross Country, IGSSA Basketball, IGSSA Soccer, SEHA Hockey.

Term 3: IGSSA Netball, IGSSA Hockey, IGSSA Athletics

Term 4: IGSSA Gymnastics, IGSSA Touch Football, IGSSA Water Polo, Indoor Hockey (Wednesday pm)

IGSSA & CIS trials are held for elite athletes in a variety of sports.

Making the most of your time at Danebank

- PARTICIPATE:** As mentioned earlier, you only gain what you put in. Take the opportunities to develop your personal and social skills by being a part of the school. You can participate in a variety of sports and other activities, as well as the many co-curricular activities offered eg tennis, gym, dance, and swimming training.
- TRY NEW THINGS:** Be willing to try a new activity and make new friends.
- KEEP FIT AND HEALTHY:** There are regular fitness tests to check how fit you are. You can also compare your results each year at our Cross Country to see if you are maintaining a level of fitness. Join a Saturday Sport, and with the addition of training, you will maintain a healthy lifestyle.
- BE A LEADER! - LEADERSHIP OPPORTUNITIES:** The highest position in sport in the school is the School Sports Captain. She has a demanding office involving liaison with the PDHPE staff, weekly reports at assembly, attendance at major carnivals, liaison with the Captain of each House and each Sport, and the writing of an annual report for the

school magazine.

There are official positions for each house: - Ball, Cowell, Gray and Richmond. Each house has a Captain and 3 house officials. House officials are expected to organise meetings and inspire their house for the various inter-house events. They play a huge role in assisting the House Patron as well as becoming involved in various fund raising events.

A Captain of a Sport, with various responsibilities, might be selected. The responsibilities will include; care of equipment, results, liaison with the coach, liaison with the rest of the team, liaison with the Director of Sport. They will also be required to write a final report to be presented at the end of season assembly and for the school magazine. An Expression of Interest application form is available on iDanenet. An interview will be conducted.

Years 7 and 8 students have opportunities to watch major IGSSA events such as Swimming (Year 8) and Athletics (Year 7). Attendance at these events is compulsory and important for the development of School Spirit. Students are expected to organise themselves into an effective cheer squad for the event and help support their school team. Full school uniform must be worn and best behaviour is expected at all times.

There are areas of the curriculum, which involve students "leading" others. Students are asked to assist with Junior School Swimming and Athletics Carnivals. Initiative, organisation and co-operation with peers and staff are able to be developed and assessed throughout these experiences. The PASS classes in Years 9 and 10 assist the Junior School in a number of ways. It is a wonderful way in which we can help others through Sport.

Senior students are encouraged to assist with the coaching of younger students. Girls are asked to see the teacher in charge if they wish to help. We are also keen for our ex-students to fulfill roles as coaches, convenors, referees/umpires, in our Saturday sport programs.

Sports Awards

Not everyone will receive an award (or make a rep team). It is important to congratulate those who do.

By being involved in PDHPE and Sport, students have the opportunity to receive one of the many sporting awards. All awards are presented at a school assembly after the term of sport is complete. The only awards presented on Speech night are the Most Outstanding Sportswoman, the Best All Round Sportswoman, Stage 6 Cathy Parkes award for 1st place in Year 12 and the PDHPE award for each year.

A Sporting Award is a great achievement but not the sole reason to compete. The real reward is the enjoyment and satisfaction of being involved and for all the reasons set out above. We also endeavour to recognise achievements through the School Newsletter. Please keep us informed if you have excelled in a particular area in which we may not know about. Again, recognition is always encouraging and exciting but don't forget the real reasons behind your involvement in sport! Intrinsic motivation is more valuable to the individual than extrinsic motivation.

Sports Awards

MOST VALUABLE PLAYER

Selected for each team and is based on effort, attitude, skill level, attendance at training and matches.

SCHOOL POCKETS

In each sport or activity, only the most elite students are considered; Basketball, Dragon Boating, Football, Hockey, Softball, Tennis, Touch Football, Water Polo, Athletics and Cross Country.

- **Individual Pockets (white)** – Students must perform outstandingly in their team and attend all training sessions. They need to show respect for staff, team members and the opposition. Demonstrate good team spirit and be supportive in winning or losing. Represent school in correct, neat and tidy uniform, and fulfill all necessary duties.
- **Team Pockets (white)** – Teams must be winners of S1 to S3, J1 to J3, Y707 to Y703 (depending on the number of grades). Players will only receive a pocket if they attend all training sessions, show respect for staff, team members and opposition, - demonstrate good team spirit – be supportive in winning or losing, represent school in correct, neat and tidy uniform and fulfill all necessary duties.
- **IGSSA and CIS and NSW All Schools pockets (gold)** – Must be selected in an IGSSA and/or CIS team. Students must demonstrate good team spirit, good attitude, and respect for others and strive to improve.
- **Service to School Sport (red)** – These awards are presented to all girls who have played a sport for 3 years fulfilling all the requirements for individual pockets. These will be awarded at the end of the calendar year.

SPORTSWOMAN OF THE YEAR AWARD

Donated by the Old Girls Association to the student who has achieved the highest level in School Sport via the IGSSA and CIS pathway, e.g. Australian Schoolgirls Team.

BEST ALL ROUND SPORTSWOMAN

A student who has represented the school in at least 2 sports at school via the IGSSA and CIS pathway level and higher. They must also be involved in the Saturday sport program. The award is based on a points system according to the level attained in each sport.

SCHOOL HONOUR BOARD

IGSSA, CIS, NSW and Australian Representatives are honoured by their names placed on the School Honour board in the Gymnasium.

WALL OF FAME

Any student who represents at NSW level via the IGSSA and CIS pathway, e.g. Australian Schoolgirls Team in a sport will have her photo and citation of achievement hung on a wall in the Gymnasium foyer.

HALL OF FAME

Any student who represents a sport at Australian level will have her photo and citation of achievements hung in the foyer of the Aquatic Centre.

Mr Lee Malin
Head of PDHPE

Dr Emma Burgess
Principal