

## TERM 2 SPORT

### YEAR 7 & 8

Students in Years 7 and 8 Sport will go off site this term to Springloaded. This is such a great venue in our town and we cannot wait to see the students have loads of fun taking on the trampolines, ninja warrior section and the gymnastics apparatus under the structure guidance of qualified coaches.

WEEK	DATE	DAY	CLASSES	TIME	Venue
Week 2	26 <sup>th</sup> April	Monday	JE, EDE, KC	9.00 - 11am	Springloaded
	28 <sup>th</sup> April	Wednesday	AR, RA, TJ	9.00 - 11am	Springloaded
	30 <sup>th</sup> April	Friday	AM, TJ, CC	11.35 - 1.35pm	Springloaded
Week 4	10 <sup>th</sup> May	Monday	JE, EDE, KC	9.00 - 11am	Springloaded
	12 <sup>th</sup> May	Wednesday	AR, RA, TJ	9.00 - 11am	Springloaded
	14 <sup>th</sup> May	Friday	AM, TJ, CC	11.35 - 1.35pm	Springloaded
Week 6	24 <sup>th</sup> May	Monday	JE, EDE, KC	9.00 - 11am	Springloaded
	26 <sup>th</sup> May	Wednesday	AR, RA, TJ	9.00 - 11am	Springloaded
	28 <sup>th</sup> May	Friday	AM, TJ, CC	11.35 - 1.35pm	Athletics practice
Week 8	7 <sup>th</sup> June	Monday	JE, EDE, KC	9.00 - 11am	Athletics practice
	9 <sup>th</sup> June	Wednesday	AR, RA, TJ	9.00 - 11am	Athletics practice
	11 <sup>th</sup> June	Friday	AM, TJ, CC	11.35 - 1.35pm	<b>Athletics Carnival</b>
Week 10	21 <sup>st</sup> June	Monday	JE, EDE, KC	9.00 - 11am	Springloaded
	23 <sup>rd</sup> June	Wednesday	AR, RA, TJ	9.00 - 11am	Springloaded
	25 <sup>th</sup> June	Friday	AM, TJ, CC	11.35 - 1.35pm	Springloaded

### YEAR 8

WEEK	DATE	DAY	CLASSES	TIME	Venue
Week 1	19 <sup>th</sup> April	Monday	TB RA WL	11.35 - 1.35pm	<b>PUPIL FREE DAY</b>
	22 <sup>nd</sup> April	Thursday	AM TB CC	11.35 - 1.35pm	<b>Springloaded</b>
	23 <sup>rd</sup> April	Friday	DMC EDE KC	9.00 - 11am	<b>Springloaded</b>
Week 3	3 <sup>rd</sup> May	Monday	TB RA WL	11.35 - 1.35pm	<b>Springloaded</b>
	6 <sup>th</sup> May	Thursday	AM TB CC	11.35 - 1.35pm	<b>Springloaded</b>
	7 <sup>th</sup> May	Friday	DMC EDE KC	9.00 - 11am	<b>Springloaded</b>
Week 5	17 <sup>th</sup> May	Monday	TB RA WL	11.35 - 1.35pm	<b>Springloaded</b>
	20 <sup>th</sup> May	Thursday	AM TB CC	11.35 - 1.35pm	<b>Springloaded</b>
	21 <sup>st</sup> May	Friday	DMC EDE KC	9.00 - 11am	<b>Springloaded</b>
Week 7	31 <sup>st</sup> May	Monday	TB RA WL	11.35 - 1.35pm	Athletics Practice
	3 <sup>rd</sup> June	Thursday	AM TB CC	11.35 - 1.35pm	Athletics Practice
	4 <sup>th</sup> June	Friday	DMC EDE KC	9.00 - 11am	Athletics Practice

<b>Week 9</b>	<b>14<sup>th</sup> June</b>	Monday	TB RA WL	11.35 - 1.35pm	<b>Public Holiday</b>
	<b>17<sup>th</sup> June</b>	Thursday	AM TB CC	11.35 - 1.35pm	<b>Springloaded</b>
	<b>18<sup>th</sup> June</b>	Friday	DMC EDE KC	9.00 - 11am	<b>Springloaded</b>

## YEAR 9 & 10

Students in Years 9 and 10 Sport is elective sport this term. Students will participate in 9 weeks of Sport with one week of Athletics practice prior to our Carnival. We are offering two new sports this term, Aerial Acro and Springloaded, which will be fantastic to see students learning new skills at sport.

If students cannot attend Sport, they are required to provide a signed note to Mrs Denham outlining why your child cannot participate. If it is an ongoing injury or illness a doctor's certificate is required.

<b>SPORT</b>	<b>DETAILS</b>	<b>COST</b>	<b>BUS</b>	<b>DAY 2</b>	<b>DAY 7</b>	<b>STUDENTS</b>
<b>Surfing</b>	Body boarding or surfing at Flynn's Beach. Students <b>MUST</b> have their Surf Survival Certificate at the time of selection. <b>Shorts and rash shirt must be worn.</b>	\$81	<b>1</b>	<b>PF</b>	<b>PF</b>	16
<b>Learn To Surf</b>	Guided surfing lessons with Port Macquarie Surf School at Flynn's Beach. <b>Shorts and rash shirt must be worn.</b>	\$126	<b>1</b>	<b>AK</b>	<b>AK</b>	18
<b>Stand Up Paddle Boarding</b>	Try your hand at stand up paddle boarding. Loads of fun in the sun. <b>Shorts and rash shirt must be worn.</b>	\$126	<b>1</b>	<b>NJ</b>	<b>CST</b>	23
<b>Hydro Golf</b>	Learn and improve your golf skills at Hydro Golf includes Putt Putt Golf.	\$126	<b>2</b>	<b>BL</b>	<b>BL</b>	24
<b>Ten Pin</b>	How many strikes can you get in the term? Who will be the Ten Pin master in T2?	\$126	<b>2</b>	<b>TM</b>	<b>DMU</b>	27
<b>Your Life Fitness</b>	Try a variety of class styles under the expert guidance of Your Life Fitness Centre Class Instructors including Zumba, Body Combat, Yoga, Body Pump, Circuit-HIIT and RPM.	\$90	<b>3</b>	<b>CCH</b>	<b>WL</b>	18
<b>Rock Climbing</b>	Challenge yourself against gravity and take on the walls at the Centre of Gravity, includes one laser game each week.	\$99	<b>3</b>	<b>AHA</b>	<b>DP</b>	29
<b>Aerial Acro</b>	In our group Aerial Acrobatic class we utilise the Aerial Hammocks, which are long silks suspended from the ceiling. The class focuses on stretching, strengthening, inversions, flips and tricks. You will fly high, swing and swish, try upside down tricks all whilst building strength and flexibility and having lots of fun!	\$126	<b>4</b>	<b>EDE</b>	<b>EDE</b>	17
<b>Springloaded</b>	What more could you want...balance beams, uneven bars, parallel bars, trampolines, sprung floors, resi-pits, ropes, parkour areas, ninja warrior areas. Structured free play for sport.	\$126	<b>4</b>	<b>SA AH</b>	<b>LK KC</b>	29
<b>School Sport</b>	Participate in various sports in a round robin format that involve either a stick, court, indoor surface, oval or all-purpose surface.	Nil	-			4

<b>Contract Sport</b>	Students that are competing at a <b>State level</b> or above in their chosen sport can <b>request</b> to do contract sport and train off site. Please see Mrs Denham	Nil	-	-	-	10
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YEAR 10

<b>SPORT</b>	<b>DETAILS</b>	<b>COST</b>	<b>BUS</b>	<b>DAY 2</b>	<b>DAY 7</b>	<b>STUDENTS</b>
<b>Surfing</b>	Body boarding or surfing at Flynn's Beach. Students <b>MUST</b> have their Surf Survival Certificate at the time of selection. <b>Shorts and rash shirt must be worn.</b>	\$81	<b>1</b>	<b>PF</b>	<b>MV</b>	16
<b>Learn To Surf</b>	Guided surfing lessons with Port Macquarie Surf School at Flynn's Beach. <b>Shorts and rash shirt must be worn.</b>	\$126	<b>1</b>	<b>CC</b>	<b>CC</b>	32
<b>Rec Walking/Beach Games</b>	Port Macquarie offers so many great walking tracks. Improve your fitness and challenge yourself! Alternate between Rec Walking and playing some of your favourite Beach Games at Flynn's Beach.	\$36	<b>2</b>	<b>AM</b>	<b>GL</b>	20
<b>Aerial Acro</b>	In our group Aerial Acrobatic class we utilise the Aerial Hammocks, which are long silks suspended from the ceiling. The class focuses on stretching, strengthening, inversions, flips and tricks. You will fly high, swing and swish, try upside down tricks all whilst building strength and flexibility and having lots of fun!	\$126	<b>2</b>	<b>RCL</b>	<b>RCL</b>	18
<b>Your Life Fitness</b>	Try a variety of class styles under the expert guidance of Your Life Fitness Centre Class Instructors including Zumba, Body Combat, Yoga, Body Pump, Circuit-HIIT and RPM.	\$90	<b>3</b>	<b>LW</b>	<b>LW</b>	13
<b>Planet X</b>	Skating and Reball (paint ball without the paint) sounds like an exciting sport option!	\$126	<b>3</b>	<b>SC</b>	<b>SC</b>	24
<b>Rock Climbing</b>	Challenge yourself against gravity and take on the walls at the Centre of Gravity, includes one laser game each week.	\$99	<b>3</b>	<b>BV BH</b>	<b>BV BH</b>	34
<b>School Sport</b>	Participate in various sports in a round robin format that involve either a stick, court, indoor surface, oval or all-purpose surface.	Nil	-	<b>DMC DK ED</b>	<b>DMC DK PF</b>	52
<b>Contract Sport</b>	Students that are competing at a <b>State level</b> or above in their chosen sport can <b>request</b> to do contract sport and train off site. Please see Mrs Denham	Nil	-	-	-	2