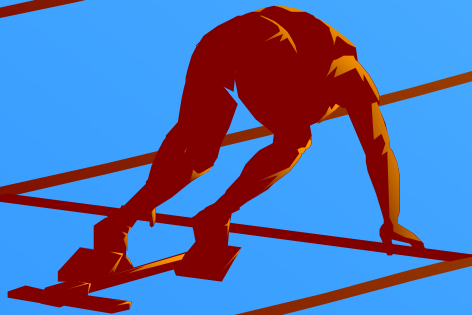




2008 Year of Physical Activity Conference

Townsville 14th May
Bohlevale SS
Showcase



School Physical Activity

OVERVIEW

Our school acknowledges that physical activity can occur in a variety of ways at school.

Activity may be formal or informal, part of the school curriculum or extra-curricular.

The following physical activities are provided at Bohlevale SS.

School Physical Activity

◆ PE Lessons

30 mins a week for each class in the school conducted by the PE teacher
Units include skipping, fitness, athletics, swimming, minor and major games, recreational sports, gymnastics and dance

◆ Intra House Carnivals

4 sports houses

Carnivals include - Swimming, athletics, fun run – can be half day to two day events
Champion house and team spirit trophies (participation points)

◆ Intra-School Sport

1 hour a week for each year level

Includes skills sessions on different sports

2008 the 60 mins is broken into SMART MOVES 30 mins & skills 30 mins

Middle School Sports Series and Senior School Sports Series – house teams playing games in a mini competition

School Physical Activity

✦ Inter School Carnivals

Our school participates with a selected team in the Townsville Primary School Sport swimming, cross country, athletics carnivals each year.

✦ Inter School Sport

Selected students represent our school teams in Townsville Primary School Sport Season 1 (Rugby League, Netball, Hockey) and season 2 (Touch Football and Football)

✦ Representative Sport

Students have opportunities to be selected in Primary School Sports Teams through trials for Thuringowa, Northern and Queensland School Sport.

Sports include swimming, athletics, cross country, league, netball, hockey, touch football, football, softball, cricket, tennis, basketball and AFL

School Physical Activity

✦ Lunch Time Activities

Our school has a Games club which operates at lunch times and conducts little come and try activities such as mini golf, ten pin bowling, handball

✦ Sports Afternoons / Mornings

Visiting sports such as AFL, ARL and Football each year come to our school and conduct their special programs for beginners

✦ Special Sports Programs

Our school has a number of special activities each year that students can choose to be a part of or selected for such as

Dance Fever, Jump Rope for Heart, JRFH World Record attempt, Futsal (Indoor) Soccer, Bohle Bouncers Skipping team

✦ Smart Moves 2008

And of course we now have SMART MOVES added to our programs and at this stage we are 3 sessions a week – each 30 minutes. Term 3 and Term 4 will increase by one session each week



School Physical Activity

✦ **Athlete Development Program – Gifted Education**

A special gifted education program developed for athletes in the school. The top 10 % of 750 students are identified by ability tests and proven results in school sporting events.

These students then form 3 classes - two composite classes (yr6/7, yr 5/6) and a development-yr 4 class

They participate already in the 5 days a week of 30 minutes physical activity plus a PE lesson, plus a 60 minute specialized coaching session on Friday afternoons. They also have theory lessons on topics related to athletes at a higher level.

Students in the program attend a sports camp every two years (Gold Coast or AIS), clinics inside and outside the school and have special activities related to the program implemented to help them become a better athlete and academic student

Brochure – please take one or visit our website for more details about this program

** Smart moves has had a big effect on this program as now more students feel confident to have a go and are pushing for a spot in the program

SMART MOVES 08

◆ PHYSICAL ACTIVITY CHAMPION

School staff and admin appointed PE Teacher

Responsibilities

Lead the development of the SMART MOVES program in the school with a committee (yr level reps)

Organise the purchase of and storage of equipment

Set up a booking system (accountability) for SMART MOVES AREAS –
BOOK IT – school intra net

Organise and set up SMART MOVES AREAS – minimal work for class teachers and students (SET UP and GEAR used)

Creation of SMART MOVES FOLDERS – general info for teachers as well as games and ideas for sessions.

SMART MOVES 08

✦ STUDENT LEADERSHIP

By participating in physical activity either through physical education, sport, or general play in the playground, students learn many leadership qualities (eg team work, cooperation and understanding). These opportunities are linked to the overall school program for student leaders and are offered during:

lunchtime activities / school sport afternoons / inter school sports seasons & carnivals / intra house carnivals

The sport leadership program at Bohlevale SS includes:

training and learning opportunities / mentor support / a time commitment from young leaders / a means of recognition for young leaders / an emphasis on personal development.

Each week 1 meeting a week is conducted with the school and sports leaders to help discuss ideas for improving physical activity in the school and also to fix up any problems from a student point of view – share ideas with students

SMART MOVES 08

◆ COMMUNITY LINKS

Our school advertises in LINKS (school newsletter) sporting club activities and other general physical activities/events as requested

We share our school facilities with the Northern Beaches Netball Club and the Bohlevale State School After School Care Program use the oval, courts and covered play areas every day for student physical activity

Club sports programs are conducted before or after school at various times including Auskick, Kids to Kangaroos, Q-Roar etc

The local school community has a strong financial support system from local business including Parkside Development, QNI Refinery, Woodlands Shopping Centre etc. Their support is used to conduct programs such as the ADP (Athlete Development Program) and for equipment, rewards and nomination fees

CONTACT DETAILS

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