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SCHOOL INFORMATION

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N.S.W 2453

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Principal: Mr Nathan Trezise

PARISH INFORMATION

Parish Priest: Fr. Amila

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Dear Teachers, Parents and Caregivers

This handbook has been designed to improve and enhance the existing sports and health programs and resources within our school.

The value and advantages of sport and physical activity for children is essential at Mount Saint John’s Catholic Primary School. It is of importance to provide a safe and healthy environment for all staff and children within our school. This handbook reflects our commitment to ensure this occurs.

Furthermore, it recognises the importance of sport and physical activity as a key component of the total curriculum within the Catholic education system. Carefully planned and implemented sport and health activities play a vital role in our endeavours at Mount Saint John’s Catholic Primary School to provide a holistic education for students.

Specifically, this document aims to assist parents, students and staff involved in sport and health activities by:

- enhancing communication;
- providing easy access and ready reference to information;
- promoting the values and ideals of sport and their integration with the Gospel values;
- making all involved in sport and health aware of all aspects relating to health, safety and the overall wellbeing of children and staff;
- ensuring sport is a fun and an enjoyable activity for all, including children with disabilities and special needs;
- Clarifying sports pathways and various nomination processes regarding representative sport.

Yours sincerely

Grant Lawler
Mount Saint John’s PDHPE Coordinator
MISSION

‘We wish to instill in our students a sporting habit for a lifetime.’

Our Highest Ideals include:

● Participation
● Enjoyment
● Inclusion
● Skill Development
● Self-paced learning
● Analysis (Feedback & Assessment)
● Mentoring & Coaching

VISION

To create an environment where physical literacy is learned by students, through active play; which will open their minds to the joy they can get from physical activity.

We endeavour to foster the right attitudes in our students to ensure their successful engagement in sports whilst promoting sportsmanship.

We wish to develop a physical capacity in our students. To encourage a healthy and active future.

Our sporting endeavours will always be guided by our sports vision.
PROLOGUE

THE FUTURE OF SCHOOL SPORT

In many households due to certain constraints a child can miss out on regular exposure to fundamental skill development. This is why the future role of primary schools will focus heavily on fundamental movement skills (FMS).

The Australian Government has initiated the Live Life Well @ School (LLW@S) program. This initiative focuses on nutrition and FMS. In conjunction with the LLW@S program our school has also embedded the Australian Sporting Schools (ASS) program offered by the Australian Sports Commission. ASS promotes sports pathways with an intention to increase involvement in community sport. It is additionally focused on assisting schools to develop strong relationships with local sporting organizations.

OUR SCHOOL’S PLAN

To date, we have been running a successful partnership with both the ASS and LLW@S much to the school's benefit. However, both bodies rely on government policy and funding to be effective in their respective roles. This could potentially impact the success of future partnerships with these groups.

The school has a plan based around strong leadership of staff and support from parents and the community to foster these groups to make future cooperation possible.

THE IMMEDIATE CHALLENGE

We must make our programs sustainable. In order to make sure our successful programs continue even if funding stops, we must seek more parental involvement. Increased parent involvement which is coordinated and supported will have positive impacts. Students will appreciate the involvement of parents and the parental involvement will model a much needed message which is in opposition to current trends i.e. the number of parents involved in sport is usually low. Furthermore, we all know Mount Saint John’s is a small school. A commitment from parents to assist staff to run
programs which are vital and let’s face it; all of our concern, can decrease the workload and make for a more sustainable legacy.

STUDENTS & THEIR INVOLVEMENT

All students at Mount Saint John’s are actively involved in the preparation, structuring and assessment of skills. The use of technology in assisting learning is paramount. It is widely available and when used by students it will improve skill development. Consistent use of technology allows students to partake in personal learning and provides experiences which are individually targeted.

FLOW CHART OF STUDENTS INVOLVEMENT

STUDENT REPORTS

All students at Mount Saint John’s will actively collaborate to collate data and produce reports. This focuses students on a growth mind set. Students graduating Year 6 receive a final FMS report. Parents can access FMS data on their child by appointment.

CURRICULUM ADJUSTMENT
Working with students, where they are at, is important. Whether experiencing difficulty or excelling all students will have an opportunity to establish personal goals to move forward in their acquisition of FMS and skills and understandings. Students who need extra support can be supported by a tier two and three model learning approach.
PART TWO
A YEARLY SNAPSHOT (subject to change)

Term 1

- Swimming
- Fundamental Movement Skills (FMS)
- Dance Fever

Term 2

- Cross Country
- FMS
- Athletics
- Winter Sports Trials

Term 3

- Athletics
- Jumprope
- FMS

Term 4

- Swimming
- FMS
- Summer Sports Trials

STUDENT REPRESENTATIVE PATHWAYS

School Carnivals/Trials
Zone Carnivals
Diocesan Carnivals
Polding
NSW PSSA
Zone carnivals/trials, Diocesan, Polding and NSW PSSA events are held around varying locations and venues in New South Wales.

**SCHOOL CARNIVALS**

Students at Mount Saint John’s are given the opportunity to compete in three school carnivals; swimming, athletics and cross-country. Student who are capable and qualify have an opportunity to represent the school and themselves and can represent themselves, the school and the Diocese as far as the PSSA level. It must be noted, students do not start competing until they are turning eight (8) years of age. Students who miss a carnival are not given special circumstances refer to dispensation clause page 16. Students, Parents and Caregivers need to understand that when a student competes at a Diocesan level they have to continue competing and are unable to pull out until the student no longer qualifies for his/her event/s.

**SWIMMING**

Trials are held at the Dorrigo Swim Centre in early Term 1. Students trialling must meet set qualifying times to advance to Zone competition. No external times will be accepted, e.g. swim club, as this is a representative school pathway. Mount Saint John’s conducts a swimming program in Term 1 and Term 4. The program is designed to support student’s swimming development.

**Age Categories**

Junior Boy/Girl - 8/9/10
11 years Boy/Girl
Senior Boy/Girl - 12/13

**Events**

Freestyle - 100m all age  
Freestyle - 50m 8, 9, 10, 11, 12, & 13 age races for boys and girls.  
Breaststroke - 50m Junior Boy/Girl, 11yrs Boy/Girl and Senior Boy/Girl  
Butterfly - 50m Junior Boy/Girl, 11yrs Boy/Girl and Senior Boy/Girl  
Backstroke - 50m Junior Boy/Girl, 11yrs Boy/Girl and Senior Boy/Girl  
Medley - 200m Junior Boy/Girl (8/9/10) and Senior Boy/Girl (11/12/13)
Swimming PP5 Relay

The PP5 Relay is available to schools who have less than 54 students. The pathway is the same as per major carnivals. The fastest four (4) swimmers in the school make up this relay team. It is a mixed gender relay. A team of five (5) can be selected to represent the school. In the event of five (5) students representing the school under the instruction of the school PDHPE Coordinator, team members will swim in heats and/or finals.

ATHLETICS

At Mount Saint John’s the students combine with Saint Mary’s Bellingen for this carnival. The carnival is usually held at the Bellingen High School sports field. The carnival takes place at the end of Term 2 or early Term 3. In preparation the students take part in PDHPE lessons and Fundamental Movement Skills (FMS) to improve their skills. The 12 FMS skills which are incorporated into this program are; throw, catch, leap, strike, sprint, kick, dodge, skip, static balance, hop, side gallop and vertical jump.

The age categories for athletics are as follows;

Junior Boy/Girl - 8/9/10
11years Boy/Girl
Senior Boy/Girl - 12/13

The events which are offered to students are;

Track

100m - Boy/Girl, U8, U9, U10, U11, U12 & U13,
200m - Junior Boy/Girl, 11yrs Boy/Girl and Senior Boy/Girl
800m - Junior Boy/Girl, 11yrs Boy/Girl and Senior Boy/Girl

Field events
Shot-put - Junior Boy/Girl, 11yrs Boy/Girl and Senior Boy/Girl
Long jump - Junior Boy/Girl, 11yrs Boy/Girl and Senior Boy/Girl.

Discus and High jump - Paper event only
Students can nominate however nominations must be accompanied by a letter from an association or coach e.g Little A’s, which states a throwing or jumping distance. Discus and High jump are paper events until they reach the Diocesan level.

**Athletics PP5 Relay**

The PP5 Relay is available to schools who have less than 54 students. The pathway is the same as per major carnivals. The fastest four (4) sprinters in the school make up this relay team. It is a mixed gender relay. A team of five (5) can be selected to represent the school. In the event of five (5) students representing the school under the instruction of the school PDHPE Coordinator team members will run in heats and/or finals they are allocated.

**CROSS COUNTRY**

The cross country event is held in Dorrigo. The venue is usually at school, however is this is subject to change depending on conditions and will be announced closer to the commencement event. The event is held at the end of Term 1 or early Term 2. Leading up to this event PDHPE lessons and FMS are implemented to improve student’s skills.

The age categories and distances are;
Junior (8/9/10) Boy/Girl - 2km
11years Boy/Girl - 3km
Senior (12/13) Boy/Girl - 3km.

**ATHLETES WITH DISABILITIES (AWD)**

All events are multi disability events – each competitor requires a classification which is according to the type and severity of disability. This would normally involve attending a classification day usually in Sydney. However, provisional classification will be sufficient to begin with and can be obtained by contacting APC (Australian Paralympic Committee) for physical or sensory disabilities (autism spectrum not included) or Ausrapid (intellectual disabilities). John Cocciola from the Catholic Schools Office, will have more details if needed. The most important thing is participation and enjoyment for
the student. More formal classifications should be obtained if and when the student seeks further representative honours. He/she needs to be entered by APC and/or Ausrapid on their Masterlists.

**Eligible for Primary:**
- Intellectually Disabled - ID (T20)
- Hearing Impaired - HI (T101)
- Physical Impairment (PI) This will be restricted to Cerebral Palsy - CP 7 and CP 8 or Amputee T45 or Visually Impaired - T13."

**Swimming and Athletics – Two Divisions:**
- Junior (8, 9, 10yrs)
- Senior (11, 12 and 13 yrs)

**Swimming Events**
- 50m Freestyle
- 50m Breaststroke
- 50m Backstroke
- 50m Butterfly

**Athletics Events**
- (Ambulant) 100m
- (Ambulant) 200m
- (Ambulant) 800m
- (Standing) Shot Put
- (Standing) Discus
- Long Jump

**Cross Country:**

NSW PSSA, Polding, Diocesan, and possibly zone and school carnivals. The following is taken from the NSW PSSA Handbook and is the basis for how Cross Country events
operate in this Diocese (with any modifications designed to assist SWDs with their participation and enjoyment):

BOYS/GIRLS 8/9 Years, 10 Years, 11 Years, 12 Years, 13 Years

WINTER SPORTS TRIALS (WST) for students in Year 5 & 6 only

The winter sports students can trial for are:

- Football
- Hockey
- Netball
- Rugby
- Rugby League

These trials are open for girls and boys who have representative experience. Proof of representative experience e.g. a written signed letter from the students representative coach is required. It must state that the child is a part of a representative program.

SUMMER SPORTS TRIALS (SST) for students in Years 4 & 5 only

The summer sports students can trial for are:

- Basketball
- Cricket
- Softball
- Tennis
- Touch football

These trials are open for girls and boys who have representative experience. Proof of representative experience e.g. a written signed letter from the students representative coach is required. It must state that the child is a part of a representative program.

FUNDAMENTAL MOVEMENT SKILLS (FMS)

FMS skills taught are: throw, catch, leap, strike, sprint, kick, dodge, skip, static balance, hop, side gallop and vertical jump. On Tuesdays 40 minutes is dedicated to the development of these skills each week. Parents at any time can approach the school to view their child's progress.
GYMKHANAS

Students interested in participating in Gymkhana events are invited to compete. As it is not a recognised Catholic Schools Pathway parental involvement is essential. For more information regarding Gymkhana events, supervision, etc., please contact the PDHPE Coordinator.

DISPENSATION TO ATTEND A ZONE OR DIOCESAN CARNIVAL

Dispensation is being given special allowance due to extenuating circumstances. Reasons for dispensation include; bereavement or extenuating family circumstances. Dispensation will only be given to a student if they have a proven sports record i.e. have previously competed at a Zone or Diocesan level.

The following reasons for dispensation will not be considered;

- family holiday
- injury
- sickness
- school absence
- missing carnivals or trials due to pathways outside of school e.g. Australian Surf Lifesaving Titles

END