

Ithaca Creek HPE and Sport



HPE Teacher **Jeremie Clarke-Okah**



Ithaca Creek Sporting Carnivals

- During the year, both the Senior and Junior School will have sporting carnivals for **swimming, athletics and cross country.**
- These events are opportunities for the whole cohort to participate in **healthy competition and compete for their House.**
- 10 - 12-year-olds who excel at these carnivals can advance to the **District level** based on their results



Health and PE Curriculum Timeline

Term	1	2	3	4
Prep	Perceptual Motor Program / Swimming	Fundamental Movement Skills	Large and Small Ball Skills	Swim and Survive Program
1	Swim and Survive Program	Game Skills / Athletics	Cooperative Games / Health	Swim and Survive Program
2	Swim and Survive Program	Locomotor Skills / Athletics	Soccer / Health	Swim and Survive Program
3	Swim and Survive Program	Athletics	3 Pin Dodgeball / Health	Swim and Survive Program
4	Swim and Survive Program	Athletics	Softball / Health	Swim and Survive Program
5	Swim and Survive Program	Athletics	Ball Hockey / Health	Swim and Survive Program
6	Swim and Survive Program	Athletics	Touch Gridiron / Health	Swim and Survive Program

Senior Sports Carnivals (Yrs 3-6)

Senior Cross Country
Term 1 Thursday, March
27th

- Location: School Oval and Jungle Area

Senior Athletics Carnival
Term 2 Thursday, June
19th

- Location: School Oval

Senior Swim Carnival
Term 4 Wednesday,
November 26th

- Location: ICSS Swimming Pool

Junior Sports Carnivals (Prep – Yr 2)

Junior Cross Country
Carnival Years Prep, 1-2 –
Term 1 Thursday, March 27th

- Location: School Oval and Jungle Area

Junior Athletics Carnival
Years Prep, 1-2 - Term 2
Tuesday, June 17th

- Location: School Oval

Junior Swimming Carnival
Years Prep, 1-2 - Term 4
Tuesday, November 25th

- Location: ICSS Swimming Pool

Interschool School Sport

- In semester 1, **Year 5 and 6** students select from a variety of activities as part of the Friday Sport program.
- Students may choose to participate in either Touch, Football (Soccer), Netball and Orienteering. These interschool sport teams will travel to other local schools and venues to compete in organised fixtures.
- In semester 2, the same year levels will participate in 2 Gala days.
- The interschool sport program provides an opportunity for students to try a new sport or activity that interests them, with a focus on **participation, sportsmanship and fun.**



Friday School Sport Dates

Semester 1 Yr 5/6 Interschool Sport		Semester 2 Gala Days	Semester 2 Intra-School Sport
<u>Week 1</u> March 14 th	<u>Week 6</u> May 16 th	Year 4 - Day 1 September 12 th	Students in years 4, 5 and 6 will get to participate in sports programs and competitions on campus, fueling health competition and sportsmanship. Available sports and dates will be finalized by the end of Term 2.
<u>Week 2</u> March 21 st	<u>Week 7</u> May 23 rd	Year 4 – Day 2 October 10 th	
<u>Week 3</u> March 28 th	<u>Week 8</u> May 30 th	Year 5/6 – Day 1 October 17 th	
<u>Week 4</u> May 2 nd	<u>Week 9</u> June 6 th	Year 5/6 – Day 2 October 24 th	
<u>Week 5</u> May 9 th	<u>Week 10</u> June 13 th		


Representative Sport

- We encourage our more **Elite 10 -12 year old athletes** to seek additional opportunities through the Queensland School Sports Representative Program.
- Throughout the year, NorthWest District trials are held across a range of team and individual sports.
- Students and parents are notified of these trial dates through daily notices, student emails and the school newsletter.
- Importantly, these district trials are highly competitive and only for students who have **extensive experience** in their sport outside of school.
- If **selected** , students have the chance to display their talent at the **regional, state and national level.**





Representative Sport

- We must stress that representative sport is for serious athletes in the respective sports and **not** a “give it a try” opportunity.
 - Students selected to go to a district trial will be among the **top athletes** in that sport for that school and will be required to provide proof of the club/team they play for outside of school along with years of experience and position they play.
 - If your child is looking to get into playing a sport, Interschool sport is the best place to start that journey.
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2025 District Trial Dates



NW District Trial Dates

<u>Event</u>	<u>Gender</u>	<u>Date</u>
• 10 – 12 yrs Swimming	Boys & Girls	Thurs, Feb 13
• 10 – 12 yrs Basketball	Boys & Girls	Mon, Feb 17
• 10 – 12 yrs AFL	Boys & Girls	Wed, Feb 19
• 10 – 12 yrs Netball	Boys & Girls	Mon, Feb 24
• 12 – 15 yrs Hockey	Boys & Girls	Wed, Feb 26
• 12 - 15 yrs Volleyball	Boys & Girls	Fri, Feb 28
• 10 – 12 yrs Rugby League	Boys	Mon, Mar 3
• 10 – 12 yrs Soccer	Boys	Tues, Mar 4
• 10 – 12 yrs Soccer	Girls	Thurs, Mar 5
• 10 – 19 Golf	Boys & Girls	Mon, Mar 10
• 10 – 19 Squash	Boys & Girls	Mon, Mar 10
• 11 – 12 yrs Rugby Union	Boys & Girls	Wed, Apr 23
• 10 – 19 yrs Cross Country	Boys & Girls	Tues, May 6
• 10 – 12 yrs Touch Football	Boys & Girls	Thurs, May 8
• 10 – 12 yrs Tennis	Boys & Girls	Thurs, May 26
• 11 – 12 yrs Cricket	Boys & Girls	Thurs, June 12
• 11 – 12 yrs Rugby League	Girls	Mon, June 16
• 10 – 12 yrs Softball	Boys & Girls	Tues, June 17
• 10 – 14 yrs Baseball	Boys & Girls	Tues, June 24
• 10 – 12 yrs 1500m Twilight	Boys & Girls	Tues, Aug 5
• 10–19 yrs Track and Field	Boys & Girls	Th/F, Aug 7-8

HPE Swimming

- Swimming is part of the Australian curriculum and Ithaca Creek has a pool to offer lessons during HPE class time in Terms 1 and 4.
- HPE swim lessons will be based around the Royal Lifesaving Swim and Survive program.



Extra sporting opportunities

Throughout the year, there will be opportunities for our upper school students to participate in a few extracurricular sporting activities organized by Mr. Clarke-Okah, such as:

- **Ithaca Creek Futsal**
- **3 Pin Dodgeball Tournament**

Information about these opportunities will be communicated in the lead up to the events.



Health and PE Information

- Information about school carnivals and sporting events, as well as representative and district sports will be regularly updated on the following link:



<https://ithacacreekss.eq.edu.au/curriculum/physical-education>



Health and PE Teacher Contact

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**Queensland
Government**

Department of Education and Training

