

Extra-Curricular

Sport, Clubs and Groups

Handbook

We are **One**. We are **Pedare**.



PEDARE

Pedare Sport



Pedare strongly believes in the benefits gained from involvement in school sport. Our sports program aims to be an educational experience that engages students in valuable learning opportunities. It extends the Physical Education program through further opportunity for students to be challenged, build friendships, set and achieve goals and interact with their peers.

Sporting excellence is underpinned by an emphasis on participation. Students of all abilities are encouraged to participate in at least one of the many sports offered at Pedare.

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Objectives for Sport



Ensure all students:

- develop positive relationships and build friendships
- are provided with the opportunity to participate in a College team
- feel a sense of belonging
- develop life skills such as communication and leadership
- experience the joys of success and be gracious in defeat
- are challenged, regardless of skill level and aspiration
- build self-esteem and confidence

Pedare competes in the Sports Association for Adelaide Schools (SAAS) and the South Australian Catholic Secondary Schools Girls' Sport Association (SACSSGSA) in the following sports.

- | | | |
|-------------|--------------|--------------|
| • Athletics | • Basketball | • Cricket |
| • Football | • Netball | • Swimming |
| • Soccer | • Tennis | • Volleyball |

Teams are coached, managed and supervised by members of staff who may also coordinate the input of specialist coaches, parent volunteers and old scholars.

Anglican Cup

The year is highlighted by our Summer and Winter Anglican Cup against Pulteney Grammar, St Johns Grammar and Woodcroft College. Senior students participate in the winter competition in Basketball, Netball, Soccer, Football and Hockey. Middle School students participate in the summer competition in Volleyball, Tennis, Cricket, Softball and Touch Football.

Specialist Program in Netball



The Pedare Specialist Program in Netball (SPIN) allows students to develop specific netball skills whilst maintaining a focus on academic excellence. It is an integrated educational program focusing on the essential elements of Netball, building towards successful performance across all sports.

The program is endorsed and supported by Netball SA through access to resources, coaching and professional development. The SPIN+ component of the program is available for students in Years 3-12 and provides a unique opportunity for talented netball players to combine academic achievement and sporting excellence.

How is SPIN embedded into the school curriculum?

Through the International Baccalaureate Primary Years Programme (PYP) & Middle Years Programme (MYP), Physical Education teachers are able to foster the development of netball skills, knowledge and attitudes that will contribute to a student's balanced and healthy lifestyle.

In Years 3-5, Netball lessons are embedded into the curriculum focusing on mastering correct technique of basic skill and space awareness. In Years 6-12 a dedicated Netball unit of work will be taught for approximately 5 weeks as part of the Physical Education/SHAPE classes taken by Pedare staff. These units will focus on developing overall health and fitness, mastering correct technique of basic skill, creativity, space awareness, decision making, change of pace, reading the play, developing communication skills and empowering all players to grow their own leadership skills.

The structure of the extracurricular program (SPIN+)

SPIN+ consists of two channels: SQUAD teams and SADNA teams. The SQUAD program is open to all girls who demonstrate talent and potential in netball. Students must trial to be considered for our SQUAD team and will be required to attend weekly trainings with our specialist coaches. Students in a SQUAD team will have the opportunity to be selected to represent Pedare at Knockout Carnivals, Anglican Cup, Specialist School Playoffs, Get Court Carnival and Interstate tours.

Students are also encouraged to play competitively for Pedare in the South Australian District Netball Association (SADNA) competition. Pedare students are also able to pursue netball through the other pathways within the College including, Coach, Umpire, Official and Volunteer.

Athletics/Cross Country

Weekly training

The Pedare Athletics Squad allows students to prepare for the Pedare Athletics Carnival and interschool athletics meets. Specific coaching events allows students to improve in their chosen events.

Carnivals

Pedare Athletics Carnival
SSSSA Athletics Carnival
SAPSASA Athletics Carnival
SAPSASA Cross Country Carnival

Uniform Requirements

PE uniform for weekly training. Pedare athletics singlet will be provided for SAPSASA and SSSSA Athletics Carnivals.

Nominations

Once nominations for sporting activities are confirmed, students are expected to honor the obligation and present themselves for all programmed practices and match fixtures.

The sport practice and match timetables are emailed to all students and parents at the College. They are also posted on the College website <http://www.pedarecc.sa.edu.au/portal/> extra-curricular-fixtures and displayed in classrooms.

Coaching

Our sporting teams/squads are coached by a combination of staff, external coaches, old collegians and parents. Coaching positions are monitored on a regular basis as we strive to provide each team with the best sporting experience possible.

Sports Uniform

All students are required to wear the correct uniform for the sports in which they are

involved. Parents are asked to support the College in this by ensuring the appropriate uniform items have been purchased and are available for each match.

Dress for practices

All students are to be dressed in clothing / shoes appropriate to that sport or the Pedare College PE Uniform.

Absence from training/matches

Where possible, students should take personal responsibility for advance notification of absence from training by emailing the team manager with appropriate explanation. Additional notification from the parent is always appreciated but we like the students to take responsibility in the first instance.

Basketball

Weekly competitions:

Students in year 4-7 compete in The Golden Grove Recreation Centre mid-week competition (organised by Norwood Basketball Club). These are mixed teams from under 10s to under 14s.

Students in year 8-12 compete in Saturday morning competitions. Boys teams compete in the Sport Association of Adelaide Schools competition (SAAS) and girls teams compete in the South Australian Catholic Secondary Schools Girls' Sport Association (SACSSGSA).

Knockout and Carnivals

6/7 Tea Tree Gully SAPSASA Carnival
8/9 Knockout Competition
Open Knockout Competition
Winter Anglican Cup

Uniform Requirements

Pedare basketball singlet with Pedare PE shorts.

Cricket

Weekly competitions:

Pedare competes in the Sport Association of Adelaide Schools (SAAS) competition, where boys have the opportunity to play against other independent and government schools across Adelaide.

Year 6/7 students can also play in the local SACA competition against other primary schools in the district. This modified competition gives students the opportunity to learn the game in a safe and inclusive environment.

Knockout and Carnivals

6/7 Knockout

8/9 Knockout

Open Knockout

Summer Anglican Cup

Uniform Requirements

White pants, PE polo top

Soccer

Weekly competitions:

Students in year 8-12 compete in Saturday morning competitions. Boys teams compete in the Sport Association of Adelaide Schools competition (SAAS) and girls' teams compete in the South Australian Catholic Secondary Schools Girls' Sport Association (SACSSGSA).

Knockout and Carnivals

6/7 Tea Tree Gully SAPSASA Carnival

8/9 Knockout Competition

Open Knockout Competition

Winter Anglican Cup

Uniform Requirements

Pedare Soccer Jersey with PE shorts, plain navy blue socks.

Swimming

Weekly training:

The Pedare Swim Squad allows swimmers to be involved in a competitive swimming environment. Being a part of the Swimming squad will teach students the importance of hard work and discipline, while developing their technique through a variety of training methods.

Carnivals

SAAS Interschool Carnivals

Independent Primary Schools Carnival

Pedare Swimming Carnival

SSSSA Swimming Carnival

SAPSASA Swimming Carnival

Uniform Requirements

Swimwear, Goggles, Pedare Swim Cap, Fins (optional)

Tennis

Weekly competitions:

Mixed teams compete in the Sport Association of Adelaide Schools competition (SAAS).

6/7- Friday afternoon

8/9- Saturday morning

Open - Saturday morning

Knockout and Carnivals

6/7 Tea Tree Gully SAPSASA Carnival

Summer Anglican Cup

Uniform Requirements

PE uniform

Volleyball

Weekly competitions:

Mixed teams compete in the Sport Association of Adelaide Schools competition (SAAS) and girls' teams compete in the South Australian Catholic Secondary Schools Girls' Sport Association (SACSSGSA).

SAAS- Friday afternoons

SACSSGSA- Saturday mornings

Knockout and Carnivals

Summer Anglican Cup

Open Boys & Girls Knockout Competition

8/9 Boys & Girls Knockout Competition

TTGVA Interschool Competition

Uniform Requirements

PE uniform

Sporting Opportunities Reception-Year 5

Sport is a vital part of the life at Pedare Christian College. Involvement in the extra-curricular life of the College gives the students another opportunity to feel a part of our community, gain greater enjoyment from their schooling, develop their self-confidence and helps students establish friendships.

Our Junior School students in Reception – Year 2 have the opportunity to participate in school based sports in the form of clinics which are mostly guided by the governing body in those sports. The aim is to allow the students to develop their skills in a range of sporting activities no matter what their ability. Students will have plenty of opportunity to learn

fundamental movement skills, get an indication of what sports they have an interest in, what they would potentially like to play in later years and learn a little about the sport.

Sports Clinics offered in Reception-Year 2 are; Pee Wee Tennis (Term 1 & 4), Net-Set-Go (Netball) (Term 1), Auskick (Term 2), Mini Roos Soccer (Term 3), Aussie Hoops Basketball (Term 3) and Master Blasters Cricket (Rec & Year 1) (Term 4) and Kanga cricket Year 2 (Term 1 & 4). Yoga is also offered each Term throughout the year. All of these sessions take place on the school grounds in the gym or the oval.

Junior School students in Year 3-Year 5 participate in school based sports and local competitions within the Golden Grove area through various sporting organisations. The idea is that the Reception-Year 2 program feeds into the sports offered in Year 3-5. Any student who wishes to participate and nominates within the cut-off date will be placed in a team.

A staff member will be present at games and training sessions. There may also be specialist coaches running the trainings and coaching the teams.

Sports offered to Year 3-5 students are; Tennis (Hot Shots) (Term 1 & 4), Cricket (Term 1 & 4), Indoor Soccer (Terms 2 & 3), AFL Football (Terms 2 & 3), Netball (Terms 1,2,3,4), Basketball (Terms 3 & 4) and Athletics (Term 4). Yoga is also offered in Terms 1,2,3 & 4 and takes place on school grounds.

Middle and Senior School Groups and Clubs 2019



Chess

Terms 1 - 3

Chess is played at the College on Tuesday at lunchtime. In Term 1 students are given chess coaching lessons from the organisation Chess Life. During Term 2 and Term 3 students have utilised the skills taught to improve their game. Each term they will compete in Interschool chess tournaments. A large outdoor chess set has enabled students to play during lunchtimes. Chess is a strategic game where students use logic and advanced thinking.

Competitions are held once a term during the school day at external venues.

Debating

Terms 2 - 3

Students are offered the opportunity to participate in an inter-school debating competition.

At Pedare we enter teams across both the Middle School and Senior School in the Debating SA competition. This competition provides topics, adjudicators and venues, as well as offering workshops. Debates are held in the evenings during the week at external venues such as Adelaide High School and Pembroke.

Senior teams, as well as having prepared debates, are challenged with one-card debates and short preparation debates.

Debates are held in the evenings, every 3-4 weeks, across Term 2 and 3.

Debate teams consist of 3-5 students who meet with their coach at least weekly, often at lunchtimes, throughout the season.

Debating is a great team sport that builds confidence in public speaking, as it encourages students to work as a team but think individually when it comes to rebuttal.



Eco Force

Terms 1 - 4

Students meet weekly at lunch times to address environmental issues related to the school and wider community and implement appropriate action and initiatives. Additionally, students can participate in the Kids Teaching Kids Conference held biannually in October in a set location within Australia.

Oz Asia

Practicing up to three times a week in lunchtime and after school 3.30-4.30pm. Students meet to further explore Asian Culture, particularly in relation to Asian dance. Participation in the OzAsia Festival is a highlight for this group.

Robotics and Technology

Robotics and Technology falls across four areas, Lego League, Young ICT Explorers, VEX Robotics and First

Robotics; meeting throughout the year to explore technology based innovations. Opportunities include participation in First Robotics, ICT Young Explorers, VEX Robotics and First Lego League Competitions.

Lego League

Terms 3-4 Competition in August

Students will need to trial for selection (10max)

With sessions held on Mondays, Wednesdays and Thursdays after school 3.30-4.30pm in One+ CAD. The LEGO League is a world wide competition, with a 10 week build season which culminates in a regional competition in August.

Middle and Senior School Groups and Clubs 2019



Young ICT Explorers Term 2

Competition in Term 3

For 5 weeks students will construct a technological project in a team. On completion of the project the team will present the project in a day session at the University of SA.

Practice sessions are held on a Monday and Thursday between 3:30pm - 4:30pm in the Caladenia Common Space. Students do not need to attend both days, but will need to be able to make at least one session per week.

VEX Robotics Term 2-4

Competition dates across the year

Throughout 2019 there will be opportunities to compete in the new VEX Robotics competition at Pedare. VEX is the world's largest robotics competition and with two distinct robots, students from Year 6-12 will have a unique opportunity to engage in practical STEM based learning.

Our practice sessions are on a Monday and Thursday between 3:30pm - 4:30pm in Caladenia Common Space.

First Robotics Competition (FRC)

Starts Term 4, 2018

January Holidays and Term 1, 2019

Competition Interstate March, 2019

Students will need to trial for selection (12max)

A unique Sport for the mind designed to help highschool aged young people discover how interesting and rewarding the lives of Engineers and Scientists can be.

Students will have the opportunity in term 4 to meet and prepare for the January Holiday program, with just 6 weeks to build a robot that competes against other teams interstate over a three day competition.



Small Group

Terms 1 - 4

Small Group meets weekly at lunchtime on a Monday to pray about current matters concerning students and various events happening in the life of the College.

Think Club

Terms 1 - 4

In the Th!nk Club, students meet weekly at lunchtime and afterschool on a Tuesday 3.30-4.30pm to diversify their thinking skills through a range of practical problem solving activities. Topics explored this year have included cryptography, geography, coding and hands on STEM challenges. Involvement in the Th!nk club also prepares students for competitions such as the da Vinci Decathlon and Tournament of Minds.

Worship Leadership

Terms 1 - 4

The Worship Leadership Team supports Middle and Senior School worship services through performing musical items, reading Bible passages and leading prayers. They plan topics and activities, preparing multimedia presentations and leading worship gatherings.

Meeting on a Thursday lunchtime once a fortnight in Middle School.

Absence from Groups and Clubs

Where possible, students should take personal responsibility for advance notification of absence from a practice or session by emailing the teacher with appropriate explanation.

Additional notification from the parent is always appreciated but we like the students to take responsibility in the first instance.



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