



**CALVARY  
SPRINGWOOD  
JUNIOR SCHOOL**

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**2024**

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**Sports Program  
Overview**



**CALVARY**  
CHRISTIAN COLLEGE



centre  
for **innovative**  
learning design

# CALVARY SPORT

## Overview and Rationale:

At Calvary we aim to create an environment that unleashes the potential of each child through exceptional learning and a holistic approach to their personal development. Through participation in Sport and Physical Education we aim to develop and equip our students in a range of areas including general fitness, skills and knowledge for lifelong health and wellbeing, skills to participate in a variety of sports and activities, avenues to pursue representative sport, teamwork and leadership.

In 2024 we are incorporating a strategic and purposeful approach to introduce, develop, and enhance student athleticism and fitness. Our **Sports Development Program** works in conjunction with the Stage based approach and provides a stronger **development** in focus sports.

- Students in Prep and Stage 1 will participate in one hour of PE and one hour of Fundamental Movement and Sport Skills rotations and activities each week.
- Students in Stage 2 will participate in one hour of PE and one hour of School based sport development each week. This progresses into team-based competition in a variety of sports.
- Students in Stage 3 will participate in one hour of PE, Gala, or Interschool Sport against schools in the local school sporting district. Specific skills, strategies and teamwork are enhanced in team specific coaching sessions prior to competitions.

## PREP AND STAGE 1

The focus in Prep and Stage 1 is developing student Fundamental Movement Skills to provide the foundation for competent and confident participation in a range of physical activities. The skills developed include:

- locomotor and non-locomotor skills (e.g. rolling, balancing, sliding, jogging, running, leaping, jumping, hopping, dodging, galloping, skipping, floating, moving the body through water to safety)
- object control skills (e.g. bouncing, throwing, catching, kicking, striking)<sup>i</sup>

## STAGE 2

The focus of Stage 2 Sport is to develop greater proficiency across the range of fundamental movement skills in game situations. In addition, students will be given the opportunity to develop personal and social skills such as leadership, communication, collaboration, problem-solving, persistence and decision-making. Students will participate in a variety of sports over the course of 2024 and will be equipped with sport specific skills and concepts in a variety of sports to facilitate a smooth and competitive transition to Interschool Sport in Stage 3.



### STAGE 3

The focus of Stage 3 sport is the further development of sport specific skills through the Logan District weekly Inter School Sport competition. Students train for their chosen sport during a break time once per week and compete on Friday afternoons. Sports offered for 2024 are outlined in the table below.

	Semester 1	Semester 2
Girls	<ul style="list-style-type: none"> <li>Soccer (Mixed)</li> <li>Volleyball (Mixed)</li> </ul>	<ul style="list-style-type: none"> <li>Touch Rugby League</li> <li>Netball</li> </ul>
Boys	<ul style="list-style-type: none"> <li>Soccer (Mixed)</li> <li>Volleyball (Mixed)</li> </ul>	<ul style="list-style-type: none"> <li>Touch Rugby League</li> <li>Netball</li> <li>Basketball</li> </ul>

### REPRESENTATIVE SPORT

#### Queensland Sport

At Calvary students have the opportunity to explore different Queensland Sport pathways in a broad range of representative sport opportunities. Students turning 10, 11 and 12 have the opportunity to trial for individual or team-based sports. The pathway is:

Logan District Representation ➡ Met East Region Representation ➡ Queensland Representation.

#### Carnivals

Swimming
Cross Country
Athletics

#### District Trials

Boys	
AFL	Rugby Union
Basketball	Softball
Cricket	Soccer
Golf	Tennis
Hockey	Touch Football
Rugby League	Aquathlon/Triathlon
Netball	

Girls	
AFL	Netball
Basketball	Softball
Cricket	Soccer
Golf	Tennis
Hockey	Touch Football
Rugby League	Aquathlon/Triathlon



## SPORTS CLUBS

At Calvary we provide a range of extra-curricular activities and clubs including sport clubs. The Sports Clubs for 2024 are:

Club	Students	Description	Duration
Running	Year 1-6	Various running games and challenges.	Term 1
Athletics	Years 1-6	A mix of track and field event training.	Term 2
Volleyball Club	Years 4-6	Skills development in preparation for Volleyball Tournaments.	Term 3
Futsal Club	Years 3-6	Training is held weekly throughout the year and players compete in Calvary teams at various tournaments.	Term 1-2
Calvary Netball	Year 4-6	Training is held weekly in preparation for competitions and players compete in Calvary teams at various tournaments.	Term 2-3

Some of our sporting clubs are paying clubs and require parents to pay a fee for participation. If you have any questions regarding Sport at the Springwood campus, please email Mr Tim McInnes [tim.mcinnis@calvarycc.qld.edu.au](mailto:tim.mcinnis@calvarycc.qld.edu.au).

Yours in Sport,  
Tim McInnes  
Junior School Sport Coordinator  
Springwood Campus

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