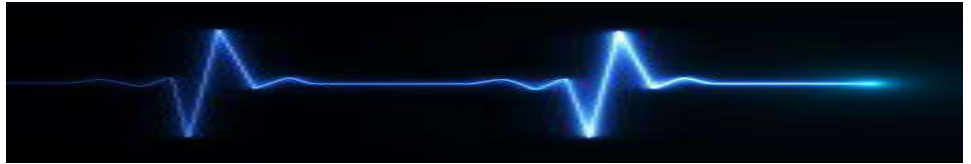


The Pulse



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What is the Pulse?

Welcome to the 2021 school year. The Pulse is The Willows State School's P.E. Department's newsletter to keep you updated on all things physical from physical education lessons, clinics such as sporting schools, intra-school sport, interschool sport and representative sporting opportunities.

Who are We?

First things first, who are we? The P.E. Department has two P.E. teachers, Ms Jenny Deuble and Mr Paul Madeley.

Important Dates

Sport	What	Who	When	Where	Cost Involved	Due Dates: <u>by 9.00am</u>
Swimming	Interschool Swimming Team Trial	Competent Swimmers born 2009-2013	Thursday 11 February 7.00am-10.00am	Aitkenvale State School- Nathan St	Yes if selected	Monday 8 February Consent form
Swimming	Interschool Swimming Team Trainings	Selected Team Members	Thur 18 Feb Tue 23 Feb Thur 25 Feb Tue 2 Mar Thur 9 Mar Thur 11 Mar	Long Tan Pool – Lindeman Ave Heatley	Yes	Tuesday 16 February Consent note Please note no form no swim!
Swimming	Interschool Swimming Carnival	Selected Team Members	Tuesday 16 March	Long Tan Pool – Lindeman Ave Heatley	Yes	Thursday 18 February Consent Form
Cross-Country	Interschool Cross-Country Trial	Students born 2011-2009	Thursday 4 March	The Willows State School Oval 1	No	Thursday 25 February Consent Form
Rugby League	Bill Nettle Rugby League Trial	Interested Year 6 Students	Friday 12 February	The Willows State School Oval 2	Yes if selected	Tuesday 9 February Consent Form
Rugby League	Gala Day:- Bill Nettle (Rugby League)	Year 6 Student Selected Students	Thursday 1 April	Brothers Leagues Club-	YES	Tuesday 23 February Consent Form
Netball	NQ Netball Cup Trial	Interested Year 6 Students	Friday 12 February	The Willows State School Netball Court	Yes if selected	Tuesday 9 February Consent Form
Netball	Gala Day:- NQ Netball Cup	Year 6 Student Selected Students	Thursday 1 April	Townsville Netball Murray Sporting Complex	Yes	Tuesday 23 February Consent Form

Due Dates

The Why

It all boils down to safety.

Accuracy of knowing where every student and staff member is at all times in case of an emergency is obvious but there are many other factors as well.

Once the consent has been received there is a great deal of planning that needs to take place to ensure the safety of all students.

The number of students attending is required to:

- Establish bus bookings.
- Calculate the number of activities required.
- Organise the amount of equipment that is required.
- Allocate staff required to run activities and supervise.
- Generate accurate bus lists.
- Download and understand relevant medical information.
- Allocate appropriate staffing needs (which includes the number of staff to attend for legal purposes as well as perhaps additional staff members if needs or expertise with specific medical or other training is required).
- Risk assessments need to be completed.
- Staff need to be briefed and have time to review the briefing material so they are aware of their obligations to uphold student safety.
- Paperwork needs to be checked for correct completion for legal reasons.
- Paperwork and payments need to be matched.

Consistency is required to be safe and also fair. If one consent form is accepted after the due date, then they all need to be. We cannot be selecting students who are in and out, one rule must apply to all.

Please return forms by due dates so that:

- ✓ Your child gets the maximum opportunities offered and is not disappointed or upset.
- ✓ There is enough time before the event to allow staff to process the paperwork and payments.
- ✓ There is enough time for teachers to organise the activities and paperwork.

Thanks in advance for your support.

Interschool Swimming Trial

The interschool swimming trial will be held on Thursday 11 February at Aitkenvale State School Pool, Nathan Street from 7.00am-10.00am.

Please note students trialling for the team must be able to swim a minimum distance of 25m freestyle unassisted. Unassisted includes but is not limited to the correct freestyle stroke without:- treading water, holding lane ropes, using the bottom of the pool, gripping the sides of the pool or stopping and be born 2009-2013 to attend these trials. All races are 25m freestyle.



Selected students must be available for training due to risk assessment requirements. All six trainings will be held at Long Tan Pool at Heatley from 7.00am-7.45am on Tuesday and Thursday mornings and it is the responsibility of parents to transport their child to training and then to school when training has finished. Due to the venue Covid Safe Plan, parents are unable to stay and spectate at this trial.

A bus will transport all students from the pool back to school at the completion of this trial.

Please note selection numbers vary according to age groups with only two heats for 8 year olds.

Please note that the cost for your child to participate in this trial is \$7.00 to cover pool hire and transport costs. If selected there will be additional costs. The Interschool Swimming Carnival "C" Schools will be held on Tuesday 16 March 9.00am-11.00am at Long Tan Memorial Pool, Lindeman Avenue, Heatley.

If you wish for your child to attend these trials please make sure that they pick up a consent form from the office and have it signed and returned by Monday 8 February at 9.00am.

Interschool Cross-Country Trial

The interschool cross-country trial will be held at The Willows State School Oval 1 on Thursday 4 March before school. Students will need to be present from 7.30am.

A consent form will need to be completed and returned by 9.00am Thursday 25 February.

Students born 2009-2001 are eligible to trial.

The interschool cross-country is held on Tuesday 25 May at Bicentennial Park, Queens Road Hermit Park, from 3.30pm – 5.30pm.



It is the parent's responsibility to transport their child to and from this event.

As this is an out of school hour's event and parents transport their own child, there is no cost involved.

Trainings will be held before school on a Thursday from 8.00am.

If you wish for your child to attend these trials please make sure that they pick up a consent form from the office and have it signed and returned by Thursday 25 February at 9.00am.

Townsville Interschool Sport Season 1

(Hockey, Netball, Rugby League)

Here at The Willows we are always looking for ways to encourage students to continue to be active and continue learning. However decisions on if we participate in activities and events are made with consideration of overall student interest, the individual cost to families and the balance of staff to student ratios in regard to students attending and students remaining at school.

It is for this reason that The Willows State School will not be participating in season 1 Interschool Sport (Hockey, Netball and Rugby League) in 2021. The student interest (data gathered by the expression of interest notes at the end of 2020) was low, making the cost to families high and balance of staff to attend to supervise compared to the students requiring supervision at school unviable.



District Sport

Townsville School Sport Representative Information (District Trials)



Each subcommittee of Townsville School Sport runs their trial.

The subcommittee is looking for the top players in Townsville to represent their sport. The number of nominations from each school is limited. Each sport may vary with a total of 4-6 students per sport, per school.

The subcommittee have stipulated that due to limited time to select, only students worthy of trialling are to be nominated, so that students receive reasonable time to demonstrate their skills. Selectors are also asking for us to nominate students who display the relevant sporting skills, attitude, behaviour and team sportsmanship.

This is not the forum for students to be given an opportunity to 'gain experience'. As difficult as it is, students need to be screened to make decisions around the students who will be nominated by our school.

The subcommittee will only trial students nominated by the school and with the required paperwork. This consists of a school nomination form signed off by the principal and submitted by the due date prior to the trial, as well as the student having the consent to trial note with them at the trial and the relevant equipment.

- For selection in District Team Sports, students must be 10, 11 or 12 years old in that year (born 2009-2011 in 2021).
- The major criteria for selection of students in District Teams is the performance of the student at the District Trials. Areas considered include:
 - The level of skills exhibited by the student
 - The performance of the student as a member of a team
 - The attitude and behaviour of the student on and off the field
 - The age of the student
- Students who compete at District Trials must be available for selection at the Regional Trials (North Queensland).
- Students selected in the District Trials must have competed at the District Trials. However, in special circumstances, students MAY still be considered for selection upon completion of an Absentee / Special Considerations form. This form must be submitted at least 3 days prior to District Trial. Submission of this form does not guarantee team selection.

The Willows State School Representative Sport Selection Process

An 'Expression of Interest to be nominated to trial' form must be submitted to the Willows State School P.E. Department via the front office by the relevant date outlined in the key dates document and received no later than 9am on that day.

- No consideration will be given to forms handed in late.
- The final decision of who is nominated rests with the school.

There may need to be a school trial held to determine worthiness to trial.

School Trials will be held on Fridays, at least three weeks before District Trials. These trials will usually be held before school at 8.00am however as some weeks there are three trials on the one day, school break times may also be used. Parents will be notified by newsletter and letter sent home of the date and time of the trial.

Students are required to submit one form for each sport they wish to trial for.

Parent signatures are mandatory for students to be considered.

Please be aware that district trials are held out of school hours at various local venues and it is the parents/guardians responsibility to transport their child to the trials and should remain at the trials as they are in your care.

Parents and students can collect "Expression of Interest to Trial" forms from either the front office or the P.E. Department. This form outlines the policy, procedure and trial dates.

Trial sports include: Australian Rules, Basketball, Cricket, Football (Soccer), Hockey, Netball, Rugby League, Rugby Union, Softball (girls), Tennis, Touch Football.

Sport			Note Due 9am
Basketball	Term 1	Week 02	3 rd February
Australian Rules	Term 1	Week 03	10 th February
Rugby League 11-12y boys	Term 1	Week 03	10 th February
Netball	Term 1	Week 03	10 th February
Hockey	Term 1	Week 04	17 th February
Rugby League 10-11y	Term 1	Week 07	10 th March
Softball (Girls)	Term 1	Week 07	10 th March
Football (soccer)	Term 1	Week 07	10 th March

A meeting was held with interested students on Monday 1 February (Week 2).

Bill Nettle (Rugby League) Gala Day

The Bill Nettle Gala Day will be held on the last day of Term 1, Thursday 1 April. It is a Rugby League interschool competition. Students in Year 6 are eligible to trial. A team of 16 students will be selected. The trial will be held on Tuesday 1st break, 16 February, on The Willows State School Oval 2. Depending on the numbers there may be a call back system on the following days at break times. If selected there will be a cost to cover transport, registration, and first aid. Students will travel by bus to and from the venue. "Expression of Interest to Trial" forms will be available from the office or the P.E. Department shortly. Forms are due at 9am on Tuesday, 9 February.



NQ Netball Cup Gala Day

The NQ Netball Gala Day will be held on the last day of term 1, Thursday 1 April. Students in Year 6 are eligible to trial. A team of 10 girls will be selected from the trials. A trial will be held on Tuesday, 16 February, 7.45am, at The Willows State School Netball Court. If selected there will be a cost to cover transport, registration, and first aid. Students will travel either by maxi cab or bus. "Expression of Interest to Trial" forms will be available from the office or the P.E. Department shortly. Forms are due at 9am on Tuesday, 9 February.



Physical Education



P.E. at a Glance.

Year Level	
Prep	<p>Let's Get Moving</p> <p>Students develop the fundamental movement skills of running, hopping, jumping and galloping through active participation in activities, games and movement challenges.</p> <p>Students:</p> <ul style="list-style-type: none"> • explore and apply safety rules during physical activities. • explore concepts of movement. • develop the fundamental movement skills of running, jumping, hopping and galloping. • test and trial ideas to solve movement challenges.
Year 1	<p>Playing With Balls</p> <p>Students develop the object control skills of rolling, catching, bouncing, throwing through active participation in activities, games and movement challenges.</p> <p>Students:</p> <ul style="list-style-type: none"> • explore rules and fair play practices. • perform fundamental movement skills to send, control and receive balls. • test and evaluate possible solutions to movement challenges.
Year 2	<p>Gym: iMove iJump iLand</p> <p>In this context, students develop and perform static balances, locomotion skills, rotations, springs and landings. They also perform these gymnastic skills as a continuous movement sequence that incorporates the elements of under, over and through the air.</p> <p>Students:</p> <ul style="list-style-type: none"> • follow rules and safe practices required in the gymnastics setting. • develop static balances, locomotion skills, rotations . • springs and landings. • refine the gymnastic skills sequences by incorporating elements of movement.
Year 3	<p>Scoot Scoot</p> <p>In this unit, students develop and practise scooter riding skills through various activities and challenges.</p> <p>Students:</p> <ul style="list-style-type: none"> • develop safe scooter riding practices and fundamental scooter riding skills • make refinements to scooter riding skills and apply strategies to achieve different outcomes • combine fundamental scooter skills and the elements of movement to perform basic tricks as part of an original scooter sequence.
Year 4	<p>Criss Cross</p> <p>In this context, students practise and refine fundamental movement skills to perform various skipping skills and solve individual skipping challenges. They also examine the benefits of being fit and physically active and how they relate to skipping.</p> <p>Students:</p> <ul style="list-style-type: none"> • combine fundamental movement skills with the elements of movement to develop skipping skills • refine body movements and apply movement concepts to perform skipping skills and tricks in a sequence • examine the benefits of skipping.
Year 5	<p>Jump Unitedly to Rhythm</p> <p>Students work collaboratively and apply concepts of inclusion while creating a group jump rope routine.</p> <p>Students:</p> <ul style="list-style-type: none"> • work collaboratively and apply concepts of inclusion • practise and refine jump rope skills including long rope, short and partner skills. • manipulate the elements of movement when performing jump rope skills in sequences. • Create and perform a group jump rope sequence with music

Year 6	<p>Over the net</p> <p>Students perform specialised tennis skills. They combine and perform specialised tennis skills to open up space on the court to win or gain the upper hand within gameplay. They demonstrate skills to work collaboratively and play fairly during tennis related activities and games.</p> <p>Students:</p> <ul style="list-style-type: none"> • become familiar with the responsibilities of tennis players in regard to following game rules and etiquette • develop, practise and refine specialised tennis skills (forehand and backhand strokes) • combine and perform specialised tennis skills to open up space on the court to win the point.
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How To Contact Us

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Feel free to schedule a call or make an appointment to have a face to face meeting.

