

## Saint Ignatius' College Junior School Physical Education, Sport & Other Co-Curricular

All children must participate in vigorous physical activities within their PE lessons where the main aim is to develop cardio-vascular fitness within a variety of team and individual activities. Good fitness and health plays a vital part in your child's education. Please encourage your child to participate with enthusiasm and energy and explain to them the importance that daily exercise is to their health. If your child is unable to participate in the designated activity for any reason, a written note to the teacher, via the diary, is required.

All students R-6 wear their PE uniform to and from school on their designated PE days. In cooler weather the College rugby top or windproof jacket are to be worn. Children do not participate without the correct uniform. Students are expected to be properly attired before and after school sport practices. It is College Policy that students do not participate in sports practices without the correct uniform.

### **When not a designated PE day:**

- students participating in Sport practices before school must change into College uniform before class;
- students participating in sport practices after school must change from College uniform into PE uniform after school and,
- students who have sport practices both before and after school may wear their PE uniform all day, with their teacher's permission.

### **Children are encouraged to participate in a variety of co-curricular activities such as:**

Sport  
Chess Club  
Future Problem Solving  
Science Club  
Debating (Year 5 and 6)  
Junior Orator  
Student Magazine  
Computer Club  
Orchestra & Ensembles  
Dancesport

### **No Hat, No Play Policy**

Students must wear the College broad brimmed navy cloth hat when outdoors. This includes recess and lunch; PE lessons; sports practices; sports matches and for any outdoor activity during Terms One and Three. Refer to Skin Protection Policy. Those without a hat sit in the undercover area.

### **Sport:**

Students nominate their preferences for sports team in the preceding year. Changes can be made prior to the commencement of the season beginning in consultation with the Director of Sport. Changes will only be possible where team nominations are not affected.

### **Sports across Seasons:**

#### **ATHLETICS AND CROSS COUNTRY**

Terms 2, 3 and 4  
House Sports Day, SAPSASA, SACPSSA  
Training – afternoons or mornings

### **Summer Sports:**

#### **TENNIS, CRICKET, SOFTBALL, TEEBALL**

Terms 1 and 4  
Tennis, Softball and Tee ball - one practice per week, before or after school  
Cricket - one practice per week after school

### **SWIMMING**

Term 1  
House Swimming Carnival Term 1

East Adelaide SAPSASA District Carnival  
SACPSSA

Practices held before school once per week at the Norwood Pool (Term 1).

### **Winter Sports**

#### **SOCCER, FOOTBALL, BASKETBALL, NETBALL, HOCKEY, DANCESPORT**

Terms 2 and First 5 Weeks of Term 3

One practice per week, before or after school

### **Co-curricular**

#### **CHESS**

Terms 2 and 3

Years 4, 5 and 6.

Competition every second week on Friday night. Students must attend lunch time training sessions. Students must attend specialised coaching when available.

#### **FUTURE PROBLEM SOLVING**

Year 5 and 6

Teams of 4

Terms 1, 2, 3 (Term 4 if successful in the qualifying final and invited interstate to National Final in October)

Meet once per week - Before school and some Saturdays

Future Problem Solving is intellectually demanding. Children must be able to work collaboratively under time constraints.

#### **DEBATING**

Years 5 and 6

Lunch time weekly training skills for debating One Team entered in the Primary Debating Competition

Debate 4 times in the term

Competition held after school at various Independent Schools from 4.30 p.m.

#### **DANCESPORT**

Year 4, 5 and 6

Terms 2 and 3

Class sizes are limited to 20. Children participate in one, one hour class per week (before or after school).

#### **MUSIC**

A variety of music programs are available at the Junior School. These change on a yearly basis, according to students' abilities, interests and the range of instruments played.

- **MUSIC CAMP**

Requirements

Music Camp is a two day experience of making music together to learn repertoire and enhance the skills necessary to perform as part of an ensemble. Music Camp is held at the beginning of Term 2.

- **IGNATIUS CHOIR**

Years 4 to 6

Requirements

One rehearsal (after school). Full Year Commitment.

Some evening and weekend concerts.

Choir members are expected to attend the Music Camp. Some concerts may require the choir to restrict the number of performers. Invited members of Ignatius choir members are required to hire a choir robe from the Uniform Shop which enables them to participate more fully in the liturgical celebrations of the school. Their years of service are acknowledged by wearing a medallion.

- **INIGO ORCHESTRA**

Requirements

One rehearsal per week. Full Year Commitment.

- **JUNIOR SCHOOL CONCERT BAND**

Requirements

One rehearsal per week. This is a full year commitment. Some evening and weekend concerts.

Students from Year 4 may join once they have reached a competent standard on their instrument.

All students who have been learning a string orchestra or concert band instrument for 12 months are strongly encouraged to participate in an ensemble. Voice students are required to participate in choir.

- **OTHER ENSEMBLES AS APPROPRIATE**

Guitar Quartet

Zipoli Strings

Beginner Strings Ensemble

## Percussion Ensemble

### INSTRUMENTAL TUITION

Instrumental and voice music tuition is offered to students from Years 3 – 6 from visiting specialist tutors. Restricted tuition is offered in Year 2. Students who undertake tuition commit for a whole semester. This provides students with the opportunity to develop skills on their chosen instrument. During the school year there will be a minimum of 30 half hour lessons. Parents are billed for tuition by the tutor. Each student needs to have a diary which will be used to record repertoire and practice times. It may also be used as a means of correspondence between teachers and parents/guardians. Students may hire an instrument directly through a reputable music store. Tutors can provide assistance in this regard. Students are responsible for the welfare and insuring of their instruments. Students must be prepared to practise every day, as this will ensure confident and consistent progress on their instrument. Lessons will take place during normal school hours on a specified day, thus a student will miss part of a school lesson on that day. If parents/guardians would like their child to learn an instrument, the required form is to be completed and returned to the Director of Music, Junior School.