



# St Agnes Catholic High School

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## Information for Students, Parents & Caregivers

All students at St Agnes Catholic High School participate in the subject of Personal Development, Health and Physical Education. Over the four years at St Agnes, students participate in at least 300 hours of this subject. The format for year 7 and 8 in 2021 is 4 periods per cycle (2 of PDH and 2 of PE), for years 9-10 is 5 periods per cycle (3 PDH and 2 PE). In Year 11 SLR practicals lessons will be scheduled periodically according to the unit of study.

### **PERSONAL DEVELOPMENT HEALTH AND PHYSICAL EDUCATION**

The majority of PDH lessons are held within the classroom. All Year groups and elective subjects will be using a combination of devices and exercise books in order to take advantage of the schools 1:1 BYOD program. This will involve extensive use of Google Classroom and involve resources developed by our teachers, external providers and appropriate materials from the Internet. Sensitive issues such as sexuality are sometimes discussed during lessons. If you have any queries regarding this material, please do not hesitate to contact the PDHPE Coordinator.

### **Physical Education Lessons**

Physical Education is a valuable and necessary activity for all students. In 2021 all students will participate in a variety of activities to enhance their level of skill, fitness and knowledge of various sports. Examples include athletics, gymnastics, dance, aquatics and fitness testing and development. Years 8, 9 and 10 travel via bus for three lessons at external venues- Year 8 at SGAC Rooty Hill Gymnastics Center, Year 9 at AMF Bowling Rooty Hill and Year 10 at One 55 Gym Rooty Hill.

Students may wear their sports uniform to school on the day allocated to both integrated sport and PDHPE practical lessons (and PASS practicals if chosen) for their year group. If for any reason a student cannot attend lessons in the correct uniform, a letter of explanation, from a parent or caregiver, needs to be presented to the PDHPE teacher prior to the lesson. The student must wear his/her full school uniform to school but a change of clothes other than the school uniform will be permitted in order to participate with the rest of the class if a note is provided. **ALL STUDENTS ARE REQUIRED TO BRING A SCHOOL HAT TO PRACTICAL LESSONS**

If a child does not wear the correct PE uniform, or an alternate change of clothes (accompanied by an explanation note), then participation in that PE lesson will not be permitted. As a result the student will be given alternate tasks to complete and a record will be kept. Continued inability to attend class with the correct equipment may place the student at risk of an afternoon detention and/or a parental interview with the PDHPE Coordinator.

If a child is unable to participate in a PE lesson due to injury or illness, a letter of explanation and a Doctor's Certificate (if applicable) will need to be presented to the PDHPE Teacher prior to the lesson. Alternative work will be set for this time

Owing to the limited facilities at St Agnes Catholic High School, there is the need to make use of the nearby sporting grounds, Morreau Fields, Cor Brouwer Reserve and at times the M7 cycle path for some PE and elective lessons. As this takes students off grounds, a permission slip is attached at the end of this form to be returned to the PDHPE / elective teacher immediately. All students are closely supervised by their PDHPE / elective teacher. Students unable to return a signed slip will be unable to leave the school grounds and alternative work will be set.

## **SPORT**

In addition to practical PDHPE lessons, Year 7 students will participate in the Integrated Sports program. Integrated sports program will consist of house competitions in a number of sports held at school and/or the Morreau Fields, Cor Brouwer Reserve, at times the M7 cycle path as well as an offsite activity at Aqua Golf, Penrith and AMF, Rooty Hill RSL. Travel to and from this venue will be via bus.

### **Carnivals**

Swimming Carnival – 5<sup>th</sup> March 2021 at Mt Druitt Pool

The Swimming Carnival is a **whole school event** where all staff and students will attend. Students are to make their own way to and from the pool, however if needed, there will be one bus for those students who need transport to and from the pool. If transport is needed for your child, please circle the correct box at the bottom of this form.

Cross Country Carnival – 26<sup>th</sup> March 2021 at Morreau Reserve

The Cross Country Carnival is a **competitors only carnival** where students who are participating in races are to attend the event. Students will be escorted by teachers to and from Morreau Reserve for the carnival. All students who are not competing will remain at school and have classes as normal.

Athletics Carnival – 16<sup>th</sup> July 2021 at Blacktown Olympic Park

The athletics carnival is a **whole school event** where all staff and students will attend the event. Attendance at the Athletics carnival is compulsory and an important aspect of school life. Students are to make their own way to the venue at 8 am and will be dismissed from the venue at 2.25 pm.

### **Sports Gala days and Representative Activities**

In 2021 there are many gala days that St Agnes participates in. These gala days give the students a chance to represent our school against other schools in team and individual sports in the Parramatta and Sydney region. All of these representative days are off site and will either require bus for transportation or to make their own way to the event. A letter will be given to the students before the event to clarify all of the details on the day.

Our PDSSSC representatives will play on Thursday afternoons. Most of these sports require the students to arrive back at school after the school bell, with the latest time being 3:30pm. If your child cannot meet this commitment, they will not be able to participate.

If you have any further queries regarding your child's involvement in the subject of PDHPE, please do not hesitate to contact Belinda Morgan or Luke Dempsey at the school during school hours.

Please sign and return the attached form to your child's PDHPE teacher for filing.

Yours sincerely,

**Lisa-Maree Browning**  
**Principal**

**Belinda Morgan**  
**PDHPE Coordinator**

**Luke Dempsey**  
**Sports Coordinator**

