

# TAS SPORTS

## JTAS SPORTS

### TERM 1

Cricket, Hockey and Swimming

### TERM 2

Rugby, Netball and Cross Country

### TERM 3

Soccer, Basketball and Athletics

### TERM 4

Tennis, Touch Football and AFL

## Trimester 1

(Term 1)

Girls: Basketball and Tennis

Boys: Cricket and Volleyball

## Trimester 2

(Term 2)

Girls: Netball and Hockey

Boys: Rugby and Tennis

## Trimester 3

(Term 3)

Girls: Touch Football and Volleyball

Boys: Soccer and Basketball

# For JTAS & TAS Sport information go to flcr APP

## Sport Staff

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FAITH LUTHERAN COLLEGE, REDLANDS



Faith in Christ...prepared for life



# Faith Lutheran College, Redlands offers students:

## Junior School Health and Physical Education

The Health and Physical Education (HPE) program promotes the development of student knowledge, processes, skills and attitudes necessary to make informed decisions and take action in order to enhance:

- personal and community health and personal safety;
- movement skills, physical performance and fitness; and
- personal development and interpersonal relationships.

The Junior School students participate in a sequential program from Prep to Year 6. A diverse range of planned movement activities is followed. This program is to enhance physical performance and fitness, from basic body actions of fundamental movement skills in Prep to demonstrating increasingly specialised skills and activities by Year 6.

Students engage in movement activities; stepping from Perceptual Motor Program in Prep, through to Skipping, Dance, Aquatics, Gymnastics, Cross Country and Athletics as they progress to Year 6.

A range of manipulative skills are covered, beginning with throwing, catching, hitting and kicking using a variety of objects, which leads to specific technique learning and game skills for recognised sports and games.

Developing personal fitness as a lifestyle choice, along with working to improve sports performance is actively encouraged. Before school training, along with a focus on skill development and the components of fitness during HPE lessons are many of the ways an active lifestyle is promoted.



## Junior School Sport

The Junior division of the TAS Sporting Association states: "The object of all competition shall be that of skill development and participation conducted in an atmosphere of good sportsmanship and fair play."

The team sports for Year 4 - 6 students are played on Saturday mornings in all of the nominated sports. Teams in the Junior TAS competition are selected to give all students interested in playing sport the opportunity to take part.

The Junior School students participate in Swimming, Cross Country and Athletics Carnivals. These events are performed at an Inter-House level, as well as Junior TAS and Redlands District, where students can progress to Regional, State and National Championships.



## Middle/Senior School Health and Physical Education

HPE is a core subject that students must complete in Year 7 - 10. This subject allows students to study a diverse range of physical activities in different contexts including Fitness, Touch Football, Ultimate Disc, Soccer, Hockey and many more. Integrated with practical performance are theoretical concepts covering social, emotional, physical and mental health.

## Senior School

In Year 11 and 12, students have the opportunity to select Senior Physical Education (PE) and/or Recreation Studies. Senior PE provides students with the opportunity to broaden their knowledge of physical performance, as well as developing psychological, biomechanical, physiological and sociological concepts within and across selected physical activities. Additionally, Recreation Studies provides students with the opportunity to attain a Certificate II in Sport & Recreation and a Certificate II in Community Recreation.



## Middle and Senior School Sport

Faith Lutheran College, Redlands has an extensive offering in competitive sports and games. The College's membership in TAS (GBC) Association enables the students in Year 7 to 12 to participate and represent the College in the various sports which are offered. Students have the opportunity to represent their College in a variety of summer and winter sporting fixtures against a number of Brisbane Schools.

Whilst our sporting achievements are promoted and significant, the College places its greatest emphasis upon skill acquisition and participation for enjoyment. All students are encouraged to play at least one sport throughout the year. Students can be involved as players, managers, score-keepers or being responsible for equipment.

Fixtures are played each Saturday during the terms; approximately nine weeks of competition. Inter-School Carnivals are held for Swimming, Cross Country and Athletics in Term 1, 2 and 3 respectively.