

School Sport Alice Springs Regional



Coordinators Report:

School Sport Alice Springs Region has had a busy start to the year with all of our trials being completed for majority of our eight sports!

Our swimming and tennis days have been completed late term one which were a great success and showed a strong growth in numbers. Well done to all the students who participated in these events and we look forward to seeing everyone back for our upcoming events in term two.

Middle/Senior Schools also welcomed back interschool sport with Indoor Rock Climbing being held in the latter part of term one. A special thank you to St. Philips for the use of their facilities and wonderful staff in supporting and running the event.

The NT Championships have also commenced with Alice Springs hosting the Australian Football Championships in week two. Our Alice Springs Regional team played well during the three days and placed equal first in second division which was a great result. Alcoota school also showed great representation in the team and we would like to thank them for giving their students the opportunity to play in the championships and support for the week!

This term provides some great opportunities for the regional schools with many exciting and new events coming up. With our vision in mind of getting "more kids, more active, more often" we will continue to pursue opportunities of participation at a school level, interschool level and regional level. Our priority continues to ensure that our students have the greatest opportunity to be regularly active and assist with developing life long patterns of living healthy lifestyles.

Our region plays host to Rugby League NT Championships between the 16th and 19th of May. We have a strong Alice Springs side this year under the guidance of Frank Emani and Sarah France and we wish them the very best for the event. For schools in the region there is an open invitation to come to the event and support the local students play against the regional teams of the Northern Territory.

We look forward to another great term of sporting events and programs. If you would like more information on how to continually develop your sporting programs in schools please do not hesitate to contact us on

0408871905 of timothy.bourke@ntschools.net

Kindest regards

A handwritten signature in black ink, appearing to read "Tim Bourke".

Tim Bourke



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Upcoming events & Trials

Interschool Softball/T-Ball Each Friday week 3-8

16th-19th May– SSNT Rugby League Championships

24th May– Primary Golf Gala Day

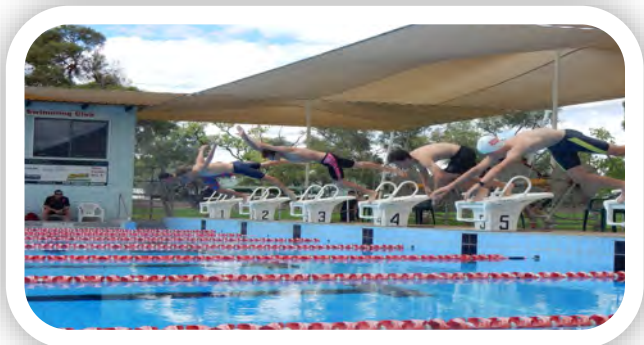
3rd June– Middle/Senior Athletics Interschool

10th June– Primary Athletics Interschool

17th June– Territories Biggest Jump Off!

YOUR SCHOOL AND ALICE SPRINGS REGION SCHOOL SPORT!

School Sport Alice Springs region comprises of over 30 schools and participates in well over 15 different sports. There are many exciting events that already occur in this vast land scape throughout the year and we are hear to help increase and enhance those opportunities for students in schools.



GOLF GALA DAY!

Date: Tuesday, May 24th

Venue: Alice Springs Golf Club
Cromwell Dr, Alice Springs

Time: Teams to arrive in time for a 9:00am start (sharp). The day will conclude at 2:00pm

Cost: FREE

Who: All Primary Aged Students are eligible.

Teams of four with minimum of one girl per team.

Please note: We can only cater for a maximum of 20 teams. It will be a first in basis so please ensure you register as soon as possible.

Registrations Close: May 17th at 4:30pm.

To register please send registration form (emailed to school) to:

timothy.bourke@ntschoools.net



Our vision is to increase participation throughout the entire region in sport. Below are some of the ways your school to get involved with participating.

- **Gala/Sports days:** School Sport can help run a day in your area with a variety of sports including Athletics, Football, AFL, Basketball, and much more.
- **Staff Professional Learning:** if you would like to learn the information and live in a remote location then we can assist in delivering to you specifically. We aim to assist staff in learning new ways to introduce PE in to their classroom and school!
- **Interschool/ Hub Sports Day:** A range of sports can be implemented for your school. Both regionally or remote schools can participate against other schools to test your skills and create a valuable learning opportunity for students.
- **Student Leadership Program:** Coming in term 2! Every school has the opportunity to nominate student leaders which will learn ways to implement and lead activities in your schools.
- **Virtual Competitions:** Get you school active by participating in virtual competitions against other schools in the region!

For more information on any of these available options and more, please contact: 0408871905 or email timothy.bourke@ntschoools.net

" We aim to get more students, more active, more often."

INTERSCHOOL SPORT

Interschool sport for term two will be Softball/T-ball for our regional schools! It is our biggest representation with 9 schools and 14 teams registering for the Friday afternoon activities.

Our focus for these afternoons in fun and participation all whilst learning valuable skills around the sport and working in teams.

Teams will have between 12-15 players and will be play a round robin fixture for the next 6 weeks. With Softball an inclusive and exciting game we are looking forward to see our students participate.

We would also like to thank Softball NT for their support in making it possible and look forward to their involvement in regionally and remote programs throughout the year.

If your school regionally or remote would like to get involved for future terms make sure you contact us to book your spot on the program!



Photo: Courtesy of School Sport Australia– Pacific School Games 2015.

Move More Sit Less Bluearth Foundation

Bluearth Foundation is inviting you and your school/organisation to 'More More, Sit Less' with us. Move More, Sit Less is our new campaign to reduce the sedentary lifestyles of Australians by helping everyone become more aware of their sitting habits.

To do so, they have developed a range of posters attached and launched movemoresitless.org.au

On the Move More, Sit Less website your school/organisation can take our Move More Sit Less survey to assess how Active your school/organisational culture is. The survey is ten yes/no questions in length and should take 1-2 minutes.

It can be found by following this link <http://www.movemoresitless.org.au/active-schools/> for schools of this link for organisations <http://www.movemoresitless.org.au/active-workplaces/>

Beyond this, we are encouraging organisations and schools to make the pledge towards developing a more active staff culture where staff are encouraged to break up long periods of sitting, to conduct meetings whilst walking and so on.

To join the movement follow this link: <http://www.movemoresitless.org.au/join-the-movement/>

For more information contact **Josh Mapstone** on **0405267991**



VIRTUAL EVENT! SCHOOLS RUNATHON 2016!

REGISTER NOW!!!

Want to get your students active without taking up too much time?

Register your school by emailing timothy.bourke@ntschoools.net

Registrations close 13th May!

When is it? Start date: 16th May 2016. **Finish Date:** 17th June 2016.

Mark out and measure a track: Can be any distance around school, oval, buildings etc. Approximately 200metres is a recommended distance.

Get out there and run! Get your class out for a break to run laps! 5minutes, 10 minutes! It all counts! Students can count the laps and record with the teacher!

Send in your results! Each Friday each school sends in how many laps their school has done and the number of students that have participated!

Each Monday you will receive a updated list of schools participating and who is running how far!

Added Bonus!

Utilise the data for your classroom for other subjects such as Mathematics whilst keeping your class fit!

Schools will be emailed all information and rules to clarify! Winners announced Final week of Term 2!

Territories Biggest Jump OFF!

School Sport Alice Springs Region are hosting the Territories Biggest Jump off for skipping this term!

17th JUNE 1:30-2:30pm!

Imagine this – Hundreds of Alice Spring kids skipping together, keeping their hearts healthy to help raise awareness and funds for the fight against heart disease – well, it's all happening on the 17th of June.

Will your school join us?

The Jump Rope for Heart program brings many benefits to your school and students, such as:

- Increasing the levels of physical activity at your school – with one in four 5-12 year olds overweight or obese in Australia – this is more important than ever.
- The program has strong links to the National Curriculum which will help your staff complete specific PDHPE requirements.
- Studies exploring the relationship between physical activity and academic achievement, have found there is a significant positive link between physical activity and academic performance – a double benefit.
It's a great leadership opportunity for upper primary students to mentor the younger students.

It is a simple program to run and we provide support throughout the whole program:

- Providing the school with a resource kit including – Skipping Ropes, Skipping skills cards, Music CD and fund raising materials (no cost to the school for the kit).

**This event is going to be huge!
Get your school involved and start SKIPPING!**

To register please contact:
timothy.bourke@ntschoools.net

Located remotely? No problem!

You can skip in Sync! Register your school with JRFH and Tim Bourke and Skip at the same time as the event!

Development Officers Alice Springs

Name	Sport	Contact
Cameron Carroll	Cricket	cameron.carroll@ntcricket.com.au
Matt Roberts	Tennis	matt.ace@bigpond.com
Wim Van Neerven	Football (Soccer)	developmentsth@footballnt.com.au
Kelli Zaleski	AFL NT	Kelli.Zaleski@aflnt.com.au
Graham Symons	Table Tennis	nt@ttadev.org.au
Henry Street	Rugby League	hstreet@nrl.com.au

School Sport Alice Springs Region

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Tips for increasing Sport at your school:

Busy schedule and not much time for physical activity and movement?
Here are a few tips which may help you get started...

- 1: Structure a sport for lunch breaks– Simply set up some goals, nets or stumps and allow an opportunity for students to participate in their free time. Simply pack them up at the end of the break.
- 2: Creative movements around the classroom: Moving to the floor? Or back to your seats? Try lunges, star jumps or other dynamic movements to get there.
- 3: Run a weekly challenge for your school: Students/Classes to run 3 laps of oval a day, or skip 100 skips a day, perhaps score 50 goals for your class in Basketball per day. Prizes can be small and rewarding to encourage whole class movement.
- 4: Do you need to sit for your entire class...Try a lesson with no chairs, or sitting differently on the floor. They all help improve posture and encourage active movements!

Small simple steps in the key to beginning. When your moving, your improving!