



MANGO HILL STATE SCHOOL PE OVERVIEW

Barton

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Walker



MANGO HILL STATE SCHOOL SPORTS MANUAL





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Overview

Physical Education has a significant role at Mango Hill State School. Physical Education and extra-curricular sporting activities can significantly contribute to the social and mental health of students. Physical Education is an area in which Mango Hill students achieve high results and plays a major role in student engagement and their overall confidence at school. At Mango Hill State School, our aim is for...

All students to have an opportunity to regularly participate in quality school physical activities that are well organised, comparable with their ability level, provide them with social interaction opportunities and above all, are FUN.

Why play sport?

Scientific evidence clearly links regular physical activity to a wide range of physical and mental health benefits.

Increasing the level of participation in regular physical activity is now an identified national priority. The Australian Council for Health, Physical Education and Recreation (ACPHR), recommend that students participate in 30 minutes of physical activity a day. This expectation is not only met, but exceeded at MHSS.

A wide variety of sporting opportunities are offered at MHSS to cater for all of the students' sporting interests and we encourage every student, regardless of their physical capabilities, to play sport. It is hoped that the skills learnt through participating in sport and Physical Education, will encourage students to develop lifelong fitness habits. At Mango Hill we see sport as a great way to develop a healthy competitive spirit, self-discipline, team-work and fair-play skills.

Physical Education Delivery

Physical Education is delivered through a number of curriculum programs at Mango Hill State School. This includes:

- Physical Education Lessons – 1 per class each week
- Lunch Time Sporting Clubs
- Interschool Sport for Year 5-6 students (Gala Days)
- Year Prep-2 Intraschool Sports – Junior Sports Day, Cross Country
- Year 3-6 Intraschool Sport – Senior Athletics Day, Cross Country, Swimming Carnival
- Specialised Interschool Sports Teams – AFL (Boys and Girls), Netball (Girls) and Mixed (Boys and Girls)





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Physical Education Curriculum

Each class at Mango Hill State School attends one lesson each week. These lessons cover the Physical Education curriculum as described in The Australian Curriculum. MHSS has a 2-year rotational Physical Education Plan with year levels split into four bands: Prep, Year 1-2, Year 3-4 and Year 5-6.

MHSS P-6 PHYSICAL EDUCATION PLAN

Odd Years

		Term 1	Term 2	Term 3	Term 4
PHYSICAL EDUCATION	P	Let's Get Moving Rules, FMS – Run, hop, jump, gallop Cross Country Preparation (3 weeks)	Sports Day Preparation Egg & Spoon, Sack Race, bean bag balance, Frisbee, Vortex, obstacle, High Jump, Long Jump, 60/80/100m race	Who Wants to Play? Personal and Social Skills in Games	Playing with Balls Object Control Skills - rolling, catching, bouncing
	1/2	Catch that Bean Two-Handed Catching and Underarm Throwing Cross Country Preparation (3 weeks)	Sports Day Preparation Egg & Spoon, Sack Race, bean bag balance, Frisbee, Vortex, obstacle, High Jump, Long Jump, 60/80/100m race	Catch Me if you can Movement (Tagging, Running and Dodging)	I'm a Balliever Body and Equipment Manipulation (two handed throw & catch, dribbling, kicking)
	3/4	Criss Cross Skipping (individual Skills) Cross Country Preparation (3 weeks)	Athletics Day Preparation Track: 100m, 200m, 800m, relays Field: High Jump, Long Jump, Discus, Shot Put.	Soccer Kicking, passing, cooperatively playing, rules and fair play	Striking/Fielding Games Golf/ Cricket
	5/6	Health & Fitness Cross Country Preparation (3 weeks)	Athletics Day Preparation Track: 100m, 200m, 800m, relays Field: High Jump, Long Jump, Discus, Shot Put.	Indigenous Games Understanding different Cultures Creating a game	European Handball

Even Years

		Term 1	Term 2	Term 3	Term 4
PHYSICAL EDUCATION	P	Let's Get Moving Rules, FMS – Run, hop, jump, gallop Cross Country Preparation (3 weeks)	Sports Day Preparation Egg & Spoon, Sack Race, bean bag balance, Frisbee, Vortex, obstacle, High Jump, Long Jump, 60/80/100m race	Who Wants to Play? Personal and Social Skills in Games	Playing with Balls Object Control Skills - rolling, catching, bouncing
	1/2	Ropes and Rhymes Skipping (Long Rope) Cross Country Preparation (3 weeks)	Sports Day Preparation Egg & Spoon, Sack Race, bean bag balance, Frisbee, Vortex, obstacle, High Jump, Long Jump, 60/80/100m race	They Keep Me Rolling Scooter Boards & Scooters (object control)	What's Your Target Kicking, Punting and Striking
	3/4	Tag and Pass Dodging, Tagging, Ball Skills Cross Country Preparation (3 weeks)	Athletics Day Preparation Track: 100m, 200m, 800m, relays Field: High Jump, Long Jump, Discus, Shot Put.	Having a Ball Throw (overarm shoulder/chest pass) and Catch, Working Co-operatively	Silly Circus Circus Manipulation
	5/6	AFL Cross Country Preparation (3 weeks)	Athletics Day Preparation Track: 100m, 200m, 800m, relays Field: High Jump, Long Jump, Discus, Shot Put.	TBall	Lacrosse

Sports Development Officers play a significant role at MHSS. MHSS has an ongoing relationship with several sporting organisations, which include:

- Sporting Schools
- AFL QLD
- Netball QLD
- QLD Cricket
- NRL
- Grasshopper Soccer
- Brisbane Roar
- Softball QLD

These organisations provide a variety of services, which include free afterschool clinics, free in class clinics, paid specialty coaching clinics, support for MHSS interschool sporting teams and support for MHSS Electives.



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Interschool Sport

Gala Days

Mango Hill State School enters teams in the Pine Rivers District Interschool Gala Day competition. This competition is open to all students in Year 5 and 6. MHSS teams compete against other local schools in the Pine Rivers District. Pine Rivers District Sport has implemented Gala Days as its primary interschool sports program, with one Gala Day each term.

The aim of this activity is to give students the opportunity to participate in an interschool based sports competition. Students develop the skills associated with their chosen sport as well as developing teamwork, co-operation and sportsmanship throughout the competition.

Currently the sports offered are:

- Semester 1
 - Netball
 - Cricket (indoor and outdoor)
 - Soccer
 - Rugby League
 - Basketball
 - Ultimate Frisbee
- Semester 2
 - T-Ball
 - Cricket (indoor and outdoor)
 - League Tag
 - AFL
 - Basketball



Through competing in Gala Days some teams have the opportunity to progress on to represent the school in various sporting competitions. These include:

- Netball – Brisbane North Netball Championships
- Rugby League – Brisbane Primary Schools Metropolitan Cup
- Cricket – T20 Blast competition
- Football (Soccer) – South East Queensland Primary Football Championships



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AFL Program

A signature P.E. program at MHSS is our AFL QSchools Cup teams. Mango Hill selects both a Boys and Girls team to compete in the state-wide AFL QSchools Cup competition. This competition is open to all students in Years 4-6.

Students wishing to be selected in the Boys and Girls AFL QSchools Cup teams complete training and a selection processes in Term 1, which include lunch clubs and electives. Those students who are successful with selection then complete further training after school in Term 1 and 2. The AFL QSchools Cup competition occurs in Term 2 with MHSS competing in the Moreton Bay Division.



Netball Program

Another signature P.E. program at MHSS is our QLD Primary Schools Netball Cup teams. MHSS selects a Girls team and Mixed team to compete in the state-wide Primary Schools Netball Cup competition. This competition is open to all girls and boys in Years 4-6.

Students wishing to be selected in the QLD Primary Schools Netball Cup teams complete training and selection processes in term 2 and 3 which include lunch clubs, Gala Days and selection trials. Those students who are successful with selection then complete further team training in Term 3. The QLD Primary Schools Netball Cup competition is generally completed towards the end of Term 3 or start of Term 4.





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Intra-school Sport

At Mango Hill State School, students are divided into three intra-school houses. Below are the details for each house:

House Name	Colour	Emblem
Barton	Green	Barramundi
Flynn	Blue	Fox
Walker	Orange	Wallaby

Students are divided into the three sports houses for interschool sporting events, which include

- Junior Cross Country
- Senior Cross Country
- Junior Sports Day
- Senior Athletics Day
- Senior Swimming Carnival

At Mango Hill State School, in the early years of schooling, we believe sporting opportunities need to be available without the pressure of competition. We want children to “have a go” and enjoy the experience without feeling like they have to win. Participation and enjoyment are the primary focus in Prep to Year 2 classes. For this reason, we do not award place getters on Sports Day or Cross Country. We believe in positive reinforcement for effort and there will be plenty of time later for students with special talents to be acknowledged and awarded. From Year 3, students have the opportunity to be acknowledged for excellence in various sporting pursuits.

Senior Athletics Carnival

MHSS runs a traditional Primary School Athletics Carnival for students in Year 3-6. Students prepare for each event during Physical Education lessons and qualifying for some events takes place prior to the day. Middle Distance Running Event Finals are held during an afternoon session prior to the main Athletics Day. Athletics Day comprises of Sprint and Relay races, Field Events and Team Ball Games. Students accrue individual and house points for the events they participate in. Age Champions and Runner-Up Age Champions are awarded as well as an overall House Points Winner.

Students aged 10-12 years are also eligible to be selected in the Mango Hill Athletics Team to compete at the Pine Rivers District Athletics Trials.



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Junior Sports Day

All students in Years Prep-2 participate in a Junior Sports Day. They are encouraged to participate in all events which include sprints, relays, long jump, high jump, novelty games, vortex throwing and a bucket challenge.

Cross Country

MHSS holds both a Junior (Prep-2) and Senior (Year 3-6) Cross Country Event at the end of Term 1. The Junior Cross Country is a non-competitive event with students competing in their year level and gender (i.e. Year 1 Boys). All students complete a course orientation during P.E. lessons with the following course distances:

- Prep – 500m
- Year 1 – 750m
- Year 2 – 1000m

The Senior Cross Country Event is a competitive long distance race that encourages all students from Years 3-6 to participate in a planned Cross Country event. Races are conducted in age groups and genders (i.e. 10 Year Boys). All students complete a course orientation during P.E. lessons with the following course distances:

- 8 Years – 1.5km
- 9 Years – 1.5km
- 10 Years – 2km
- 11 Years – 2km
- 12 Years – 3km

By participating in the Cross Country, students earn house and individual points. Individual ribbons are given to 1st, 2nd and 3rd place getters and an overall house trophy is presented to the house which collects the most points.



Students aged 10-12 years are also eligible to be selected in the Mango Hill Cross Country Team to compete at the Pine Rivers District Cross Country Trials.



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Swimming Carnival

The MHSS Swimming Carnival is held annually in Term 4 at the Deception Bay Aquatic Centre. This is for all students from Years 3-6 with students competing in various stroke and novelty events. Races are conducted in age groups and genders (i.e. 10 Year Boys). By participating in the Swimming Carnival students earn house and individual points. Individual ribbons are given to 1st, 2nd and 3rd place getters for 25m and 50m races and an overall house trophy is presented to the house which collects the most points. Students aged 10-12 years are also eligible to be selected in the Mango Hill Swimming Team to compete at the Pine Rivers District Swimming Trials the following year.





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Representative Sport

Pine Rivers District Sporting Trials

Mango Hill State School is part of the Pine Rivers District. Students have the opportunity to represent the school at a variety of Pine Rivers District Trials. The sports included are:

- AFL
- Baseball
- Basketball
- Cricket
- Cross Country
- Football
- Golf
- Hockey
- Netball
- Rugby League
- Rugby Union
- Softball
- Squash
- Tennis
- Touch Football
- Volleyball

Pine Rivers District Sport Trial Process

Students interested in trialling for the above sports need to follow this process:

Step 1: Check the P.E. Noticeboard or PRDSS website <http://pineriverssport.qld.edu.au/> for upcoming dates and find the sport/trial you are interested in.

Step 2: Talk to Mr Hills or Mr Newell and your parents/guardian ASAP about this trial or event. Please note trials are for students experienced in that sport and who play at a high level (i.e. A Grade) in the chosen sport.

Step 3: Ask Mr Hills or Mr Newell for the paperwork and any other information.

Step 4: Take the paperwork home to your parents/guardian. Have them sign it and bring it back to Mr Hills or Mr Newell so you can be nominated. Without the paperwork being signed and returned you will not be nominated for the trial.

Step 5: Collect the paperwork from Mr Hills or Mr Newell and then take any necessary paperwork to the trial and hand it to the coach/ manager.

Step 6: After the trial let Mr Hills or Mr Newell know how you went.



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Pine Rivers District “Big Three” Carnivals

MHSS have teams that compete at the “Big Three” Pine Rivers District Carnivals which are:

- Cross Country
- Track & Field (Athletics)
- Swimming

Students aged 10-12 Years are eligible to be selected in the Mango Hill State School Team to attend the Pine Rivers District Carnivals for the above events. Students will be selected based on their results with the Pine Rivers District setting the number of students that MHSS can select for each event. Students are accompanied to these events by a team manager, and compete in individual events as well as accruing points for the MHSS team.



Representative Pathway

The Representative pathway for MHSS students is:





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Frequently Asked Questions

Q. What do students wear to Mango Hill State School Carnival Days?

A. Cross Country: Normal sports uniform. No house colours as students return to class after the event. Students can bring running shoes to change into prior to the race. No spikes or footy boots.

A. Athletics Carnival and Sports Day: Students can wear their house colours. Students can wear running or athletics shoes however no spikes are permitted.

A. Swimming Carnival: Students can wear their house colours and suitable swimming attire. Students are permitted to wear thongs.

Q. What do students bring to Mango Hill State School Carnival Days?

A. For all carnival days students need to bring their hat and drink bottle, as well as any medication including epipens and asthma puffers to the school oval.

Q. What age do students start representative school sport?

A. When they are 10-12 years old. This is determined by their Date of Birth.

Q. Who goes to Gala Days?

A. All students in Year 5 and 6 have the opportunity to vote for and attend one of their chosen preferences.

Q. What is the Mango Hill State School Swimming Program?

A. All students in Prep to Year 3 are offered a Learn To Swim Program. This program is run by qualified swim staff at an external venue. Students in Years 3 to 6 compete in a Mango Hill State School Swimming Carnival run at an external site.