

Yr 10		1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10	
Term 1-2	Team ALPHA	No sport	World Games- Futsal @ BBall Stadium	World Games- Futsal @ BBall Stadium	Choose your own Sport Package ❖ Recreation ❖ Active/Games ❖ Stress Less ❖ Get Fit							Colour Run	Basketball	Basketball	Bowling	Bowling	Volleyball	Volleyball	Walking at Warners Bay	Walking at Warners Bay	Revolution Sports	Put=put Golf
	TEAM BETA												Walking at Warners Bay	Walking at Warners Bay	Basketball	Basketball	Bowling	Bowling	Volleyball	Volleyball		
	TEAM GAMMA												Volleyball	Volleyball	Walking at Warners Bay	Walking at Warners Bay	Basketball	Basketball	Bowling	Bowling	Put-Put Golf	Revolution Sports
	TEAM DELTA												Bowling	Bowling	Volleyball	Volleyball	Walking at Warners Bay	Walking at Warners Bay	Basketball	Basketball		
Yr 10		1	2	3	4	5	6	7	8	9	10	1	2	3	4	5	6	7	8	9	10	
Term 3-4	Team ALPHA	Orienteering @ King Edward Park	Mentoring	Boot Camp	Boot Camp	Speed walk	Speed walk	Lawn Bowls	Lawn Bowls	Driving Range	YR 12 COCER T	Tennis	Beach Volleyball	Boxing	Foreshore Walk	Dodgeball @ Basketball Stadium	Anzac Parade Walk	Transition to Senior School ➤ Crossroads Camp ➤ Taster Lessons ➤ Interviews				
	TEAM BETA			Driving Range	Driving Range	Boot Camp	Boot Camp	Speed walk	Speed walk	Lawn Bowls		Foreshore Walk	Tennis	Beach Volleyball	Boxing							
	TEAM GAMMA			Lawn Bowls	Lawn Bowls	Driving Range	Driving Range	Boot Camp	Boot Camp	Speed walk		Boxing	Foreshore Walk	Tennis	Beach Volleyball	Anzac Parade Walk	Dodgeball @ Basketball Stadium					
	TEAM DELTA			Speed walk	Speed walk	Lawn Bowls	Lawn Bowls	Driving Range	Driving Range	Boot Camp		Beach Volleyball	Boxing	Foreshore Walk	Tennis							

Students leaving the school by bus must move DIRECTLY to their allocated sport room at the conclusion of PERIOD 4. Bags need to be left in allocated rooms where the teacher will lock the door. Students are to move to the sport bus bay by 1pm where their sport teacher will mark the roll before being directed to board the bus. Students leaving directly from the venue at the conclusion of sport must have an **APPROVED EARLY LEAVE PASS** and may take their bag with them. Students will return to collect their bags from their allocated sport roll call room and remain there until the 3pm bell rings.

SPORTS UNIFORM is compulsory on sports afternoon. Swimming activities must bring swimmers and a towel. Goggles are recommended. NINJA PARC must have returned their **WAIVER FORM** to participate. A copy is attached in the 'HSPA Overnight/Water Activity/Sporting Event/Excursions plus Medical Information Form 2021' emailed to all students and parents. Revolution waivers will be distributed to students the weeks leading up to the visit and must be handed in hard-copy to their sport teacher on the day.

Students involved in **EXTRA-CURRICULA ACTIVITIES** (Technical Crew, HSC Dance, Band/Strings Ensembles, Millabah and Early Leave) **MUST** still submit the 'HSPA Overnight/Water Activity/Sporting Event/Excursions plus Medical Information Form 2021' emailed to all students and parents.

The cost for terms 2,3,4 will be \$40 each term. The cost for **Term 1 sport** will be extra depending on the sport package chosen. Fees will be added to students accounts and emailed early Term 1. Payment is required early Term 1 2021 to confirm the spot. Students will need to log onto their school email and click the selection form link to choose their sport package for Term 1 2021. The selection process opens on Wednesday 4th November at 5pm and closes on the 10th of November. This is a first in, best dressed system.

Venues for Sport at HSPA

Activity	Venue	Transport by Bus Y/ N
Ice Skating	Newcastle Ice Rink – Warners Bay	Y
Dodgeball/Handball	School	N
Rocking Climbing	Ninja Parc- Genesis Cooks Hill	Y
Beach/lake Walking AND games	Bar Beach/Merewether, Newcastle; Warners Bay	Y
Revolution	Maryville, Newcastle	Y
Ninja Parc	Genesis Fitness- Darby Street	Y
Gym/Boot camp/Boxing	Hunter Gym, HSPA grounds	N
Stretch and Strength	School – dance rooms	N
Ten-Pin Bowling	Dull Boys Co Warners Bay	Y
Tennis	Top Spin Tennis Centre	Y
Team Sports	Newcastle Basketball Stadium/ School	N
Spin Class, Fitness activities	Lambton Wests, Newcastle Forum	Y
Archery	School – back oval	N
Meditation	School	N
Wallball	School	N
Walking	Local environment (mapped)	N
Table Tennis	School	N
Bocce	School	N
Circus Skills	School	N
Urban Challenge	Local community mapped	Y
Gym (outside of school)	Balance at Wests- Lambton	N

Sport	Venue	Bus Travel Y/N
Basketball	School or Basketball Stadium	N
Beach Games	Newcastle Beaches – courses to be advised	Y
Beach Walking	Newcastle Beaches – courses to be advised	Y
Bocce	School	N
Boxing – external instructor	School	N
Dodgeball	School or Basketball Stadium	N
Gym	Hunter Gym	N
In Court Soccer	School or Basketball Stadium	N
Pilates – external instructor	School	N
Ten Pin Bowling	Mayfield Ten-Pin Bowling	Y
Tennis	District Park Tennis Courts	N
Table Tennis	School Bini	N
Speed Walk	Mapped Local environment	Y
Walk Course	Outside venue to be announced	Y

Year 10 Sport Selection for Term 1, 2021.

Year 10 2021 sport groups will be able to select a 'sport package' in Term 1.

The cost for terms 2,3,4 will be \$40 each term. The cost for Term 1 sport will be extra depending on the sport package chosen. Fees will be added to students accounts and invoiced early Term 1. Payment is required by Week 3 2021 to confirm spot. Students will need to log onto their school email in Week 5 Term 4 2020 and click the selection form link to choose their sport package for Term 1 2021. The selection process opens on Wednesday 4th November at 5pm and closes on the 10th of November at 5pm. This is a first in, best dressed system. There is a limit of 50 students in the Recreation Package, so get in early if you want to choose this package.

TERM 1 SPORT CHOICES		Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Cost
1	The GET FIT PACKAGE	Pre-test, Boot camp @ HSPA	Run, Swim, Run @ Newcastle Baths and Beach	Boxing @ HSPA	Gym @ HSPA	Urban Challenge	Spin Class @ TBA	\$40
2	The STRESS LESS Package	Walking @ W.Bay	Yoga @HSPA	Meditation @HSPA	Bonsai @ HSPA	Urban Challenge	Tai Chi @ HSPA	\$40
3	The Active Games Package	Futsal @ the stadium	Tennis @ Top Spin	Revolution @ Maryville	Beach Volleyball	Urban Challenge	Basketball @ BBall Stadium	\$50
4	The RECREATION Package	Ice Skating @W.Bay	Ninja Parc @Genesis	Bowling @ Dullboys	Putt Putt Golf @Supa Putt	Urban Challenge	Archery @ HSPA	\$60