



KINROSS WOLAROI SCHOOL

Junior School Sport

Sport is an integral part of life at Kinross Wolaroi Junior School. We offer a range of sports and activities to meet the needs of your child, whatever their level of sporting engagement. The experiences provided by physical activity have a key role in providing skills, values, and attitudes fundamental for a healthy lifestyle.

At Kinross Wolaroi Junior School students are encouraged to be physically active and to develop both fine and gross motor skills so participation in games and outdoor pursuits becomes an enjoyable and lifelong habit. Participation in team sports, healthy competition and skills development are essential elements in the development of well-balanced young people. A strong sense of sportsmanship and fair play is fostered amongst the whole School community as all students participate in sport. Sport is a fun and exciting part of school life, and we aim to develop in our students a love of movement that will sustain their health and friendships throughout their lives.

Aside from the physical benefits of school sports, there's a variety of emotional benefits, many of which can positively impact a child's performance in school. According to Aspen Project Play, emotional characteristics such as attitude, attention, and concentration are superior among children who play school sports, along with an aptitude for following rules and showing respect for others.

The social implications of school sports are significant for children, primarily due to the sense of belonging it provides. Being a member of a team provides the opportunity to develop leadership and cooperation skills, and shared experiences, including those that encompass feelings of both success and loss, contribute to learning respect and bonding with others.

Junior School Sport opportunities in 2023

For some students sport is very much about what is on offer at KWS. This may be swimming squads, competitive cricket, touch football or basketball in summer. For others they may like to try a variety of sports over the season, developing their striking and catching skills before they partake in competitions in later years. Some students want more opportunities to develop their skills and stamina through participating in fitness before school. For other students KWS Junior School may not offer their sport such as dance, gymnastics or even polo cross and ten pin bowling. In these instances, at this age, taking up these opportunities through the community best suits their needs. What is important is children are regularly participating in sport.

We are continuing to grow our sport offering and tailor what we provide for our students. As a school we know there are a wide variety of sports students like to participate in. This is evident each fortnight when we report on Kinross students making their mark. We welcome conversations with families to understand what sports children are engaging in and how we can find a balance between participating in sport at KWS and in the wider community.



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Kinross Students making their Mark

At KWS we value and strive for academic rigor. Students have a myriad of opportunities to engage in enriching learning experiences which in some instances the School provides or facilitates student access to them. Please share with us your child's interest, passions, and achievements by emailing junioroffice@kws.nsw.edu.au.

Participating in Sport - Nominating a sport

Students at Kinross Wolaroi Junior School participate in sporting completions hosted through organisations within the local Orange community. Through participation in these competitions' students develop their skill levels, fitness, game sense, sportsmanship, teamwork, and friendships. Each semester there are several competitive and non-competitive sports on offer to cater for a wide range of skill levels and sporting interests.

Students nominate a preferred sport at the end of Term 3 for the summer season and at the end of Term 4/beginning of Term 1 for the winter season.

Students in Year 6 who select a competitive sport are required to commit to the full season and continue to train and play while in Year 7 for Term 1.

Our sports on offer include:

Term 4 and Term 1	Year Group	Term 2 and Term 3	Year Group
Competition			
Basketball	3-6	Hockey	3-6
Cricket	3-6	Netball	4-6
Touch Football	2-6	Soccer/Football	3-6
Non-Competition Rotation		Non-Competition Skill Development/Reserve	
Basketball T-ball and Cricket Tennis	2-6	Rugby Netball Soccer/Football	3-6
Fitness 7:55am-8:45am Term 4 Summer sport fitness Term 1 Athletics preparation	2-6	Fitness 7:55am-8:45am Term 2 Cross country fitness Term 3 Winter sport fitness	2-6
Swimming Squad: a nominated sport for students who train as a member of the KWS team for a minimum of 2 days a week.			

Fitness is specifically offered to support a variety of sports by developing gross motor skills through game play, improving hand-eye co-ordination as well as increasing fitness. Students in this program may like to participate in Orange Parkrun www.parkrun.com.au/orange/. This sport option is for students who:

- are committed to sports not offered by KWS such as dance and gymnastics
- would like to develop their level of fitness
- would like to be involved in more than one sporting activity



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Training and Competition Days

Sport training afternoons and competition days are dependent on the sport. In the event of wet weather students remain at school on training days and undertake game and teamwork skills. At the conclusion of training students are collected at the Junior School Stop n Go zone by 4:45pm. Students not collected go to our After School Care provider, GOWRIE and a charge is applied.

Sport	Training	Competition Games
Term 4 and Term 1		
Basketball	Wednesday 3:15pm-4:30pm	Monday
U11 Cricket (Years 3 & 4)	Monday 3:15pm-4:30pm	Thursday
U12 or U13 Cricket (Years 5 & 6)	Monday & Wednesday 3:15pm-4:30pm	Saturday
Touch Football	Monday 3:15pm-4:30pm	Wednesday
Non-Competition Rotation Basketball, t-ball, cricket, tennis	Monday & Wednesday 3:15pm-4:30pm	Not Applicable
Fitness	Monday & Wednesday 7:55am-8:45am	Not Applicable
Term 2 and Term 3		
Hockey	Monday 3:15pm-4:30pm	Wednesday
U 10/11 Netball	Monday 3:15pm-4:30pm optional Wednesday 3:15pm-4:30pm	Saturday
U 13 Netball	Tuesday & Thursday with Senior School	Saturday
U9 Soccer/Football	Monday 3:15pm-4:30pm optional Wednesday 3:15pm-4:30pm	Saturday
U10/U11 Soccer/Football	Monday & Wednesday 3:15pm-4:30pm	Saturday
U12 Soccer/Football	Monday & Wednesday 3:15pm-4:30pm	Saturday
Non-Competition Skill Development Netball, Rugby, Soccer/Football	Monday & Wednesday 3:15pm-4:30pm	Not Applicable
Fitness	Monday & Wednesday 7:55am-8:45am	Not Applicable

Uniform

Students undertaking after school sport training attend school in their PE uniform. In winter, students arrive and depart wearing their full tracksuit over their shorts and t-shirt. Students not participating in after school training attend in their dress uniform.

Parents are expected to support the sports program by:

- Reading communications to ensure arriving and departing from games at the correct times
- Providing the correct school team uniform
- Informing the Coordinator of Sport, Mr Tim Jones, via email tjones@kws.nsw.edu.au, at least 3 days in advance of a student missing a game (unless in the case of sudden illness)
- Supporting the selection of students in a representative team
- Being well mannered, cheerful spectators who encourage gracious victory and bravery in defeat in an atmosphere of friendly competition.



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Representative Sport

Kinross Wolaroi Junior School is a member of the association of the Independent Primary School Heads of Australia (IPSHA) and the Heads of Independent Co-Educational Schools (HICES). It is within these Associations the students of Kinross Wolaroi Junior School can participate in representative sporting competitions in athletics, cross country and swimming.

The pathway to the athletics, cross country and swimming carnivals is through our Inter-House School carnivals.

Term 1: Swimming is held early in the term

Athletics is held after a 3-week preparation program at the end of the term

Term 2: Cross country is held early in the term

Athletics, cross country, and swimming also form key parts of the K-6 PE program to enable all children to develop physical fitness at the same time as being afforded multiple opportunities to participate in an array of individual and team sports.

Students are encouraged to attend before school fitness in preparation for carnivals and as they go onto represent the School at HICES and CIS. Swimming training is through the squad program on offer at the KWS Swimming Centre.

Representing the School at HICES Carnivals

The school will seek expression of interest from families when participation in carnivals requires extended to travel to Sydney. If there is sufficient interest the school will provide transport to and from venues, overnight accommodation, food and supervision which will be billed to family accounts. Families may choose not to take up all or part of this offering and instead ensure team members arrive at venues by the designated time and stay until the completion of the carnival.

CIS and Higher Representation

KWS Junior students are often selected as part of athletics, swimming, cross country, or a team sport to represent HICES at CIS. The school does not provide transport and accommodation for these events and any trials that are connected to them. This is a parent's responsibility. Mr Tim Jones, Sports Co-ordinator is available to discuss options for families.

Representing in other sports

Further to swimming, cross country and athletics, students in Years 5 and 6 who excel in a particular sport/s can nominate to trial and represent in teams as part of the Combined Independent Schools (CIS) competition.