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 ACT Sport Bulletin #11 - 18 November 2020

SCHOOL SPORT ACT BULLETIN



This bulletin is collated by School Sport ACT and is targeted towards ACT school aged children. It will include: SSACT trials, competitions/events from sport organisations, professional learning and funding opportunities for schools & teachers.



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Community Sport Information & Opportunity.

The Yoga Garden

The Yoga Garden Offers yoga, meditation and mindfulness for home-schooling families and schools.. It can be cooperated into your schools PE program and aligns with the national curriculum; paying attention to children's physical, personal, social, emotional and spiritual well-being as well as cognitive functions. Programs include options for early childhood & lower primary students, primary and high school students and teachers & educators.

For further information and to book, please visit: www.yogagarden.com.au or contact Suzanna, suzanna@yogagarden.com.au
This is not a SSACT event/program and is solely the responsibility of the advertising organisation listed

Triathlon for kids

Little T's Events will provide kids aged 7-13 years the opportunity to participate in triathlon on a regular basis in the amazing facilities at the Stromlo Leisure Centre and Stromlo Forest Park. The event aims to bring more school kids into the sport of triathlon and for them to have their own event, encouraging a healthy, active and fun lifestyle from an early age. It doesn't matter your ability as it is fun for all levels. However we strongly advise that your child can swim 25m.

Registrations for Race 2 are now open and spots are limited due to COVID restrictions.

Race 2 will be on Saturday, 14 November 2020 from 12.30pm to 3.30pm.

For further information, please visit www.littlesevents.com.au

You can prepare for the events by joining the Little T's Triathlon Program which is a fun training program that introduces kids to the sport. It is the only kids triathlon program in Canberra and Little T's gives them the opportunity to develop and learn a range of basic motor skills which can benefit their other sports. For further information, please visit www.performancetri.com.

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APOLA School Surfing Supervisor Award Course

Several APOLA SSSA courses coming up in term 4 that will allow teachers to supervise students engaged in surfing activities. The SSSA is a qualification that is outlined in the AC Department's Outdoor Adventure Activities Policy and Mandatory Procedures.

Courses will be conducted by Paul Andrews 0438 697 855 or sabrepaul08@gmail.com

Course 1: Tuesday, 24 November 2020 Time: 3.30pm to 5.30pm Location: Mollmook Beach (meet at Mollmook Surf Club) Cost: \$44.00 (Schools will be invoiced)

Course 2: Wednesday, 25 November 2020 Time: 10.00am to 12.00pm Location: North Broulee Beach (meet at the Amenities Block near Candalagan Creek) Cost: \$44.00 (Schools will be invoiced)

Course 3: Wednesday, 9 December 2020 Time: 2.00pm to 4.00pm Location: Mollmook Beach (meet at Mollmook Surf Club) Cost: \$44.00 (Schools will be invoiced)

Course 4: Wednesday, 16 December 2020 Time: 10.00am to 12.00pm Location: North Broulee Beach (meet at the Amenities Block near Candalagan Creek) Cost: \$44.00 (Schools will be invoiced)

Note: there will also be a SSSA course held in Term 1, 2021 to cater for new teachers to the ACT and anyone who could not attend the respective courses in Term 4, 2020. Date: Wednesday, 10 February 2020 Time: 10.00am to 12.00pm Location: North Broulee Beach (meet at the Amenities Block near Candalagan Creek) Cost: \$44.00 (Schools will be invoiced)

Participants will need to contact John Andrews to book via info@apola.asn.au or 0408 855 267 or visit www.apola.com.au

Note: as a pre-requisite, teachers must use the provided RPL form prior to the APOLA SSSA Inservice to record evidence of Perform CPR/Provide CPR or a higher level award such as current Apply First Aid/Provide First Aid and a record of completion of a 400m pool swim in a time less than 9 min. The RPL form must be signed by a School Principal/Sports Organiser/Faculty Head or an APOLA assessor and workplace trainer. The RPL form can be downloaded from the APOLA website.

This is not a SSACT event/program and is solely the responsibility of the advertising organisation listed

Upcoming Events

Tennis ACT Primary 3/4 Finals Day	When: 20 November Contact: Tennis ACT

If you would like to include information in our next bulletin, please email details to Simone Kuhlmann at School Sport ACT: business@schoolsportact.org.au

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