



Hurlstone Agricultural High School

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2020 Term 1 sport permission note: Year 7

Dear Parent/Guardian,

As a part of their weekly routine, Year 7 students participate in school sport every Wednesday afternoon from 12:25pm to 2:05pm. This allows students to develop a wide range of physical and social skills across a variety of different sports within non-competitive environments. For Term 1, I have organised Australian Football League New South Wales (AFLNSW) to come to our school and deliver a 5 week program on the sport of AFL.

Introduce AFL is a 5 week introductory program which teaches the basic skills and game of AFL in a safe and fun environment. A fully progressive sports program suitable for girls and boys delivered by qualified AFL coaches, each week students will be taught how to:

- Kick the AFL football for accuracy and distance using both left and right foot.
- Catch the football, called a Mark and the various methods that can be used in different game situations.
- Pass the ball – called a Handpass and how to use during a game.
- Bouncing the ball – a highly refined skill in an AFL game.

AFL NSW applies the principles of the Australian Sports Commission, "Play for Life" which concludes children learn and are more engaged through game play rather than drills. Each skill session is complimented with a skill game which features the skill of that weekly session.

As the children progress with their skill development, AFLNSW will introduce the various aspects of the game of Australian Football and they will have an opportunity to play a modified game which is safe and fun and suitable for girls and boys playing together. Upon completion of the program, students will maximise the skills learned throughout the program and apply them to a modified AFL tournament and combination of alternative sports that will run for the remainder of term 2.

The cost of the program is \$20 (5 weeks) and begins on Wednesday 5th February (week 2) and will conclude on Wednesday 8th April. Half of year 7 will participate in the program during weeks 2 – 6, half of year 7 will participate in the program during weeks 7 – 11. Payment is to be completed by the end of the program.

If your child cannot participate due to injury or illness on a particular week a signed note with an explanation needs to be provided for staff in charge of Year 7 sport.

Kind Regards,

Mrs. M. Barry

Sports Coordinator

This note is to be returned to the PDHPE Staffroom by Monday 3rd February (Week 2)

I have read the above information and give permission for my son/daughter/ward to participate in the AFLNSW program for 5 weeks during term 1. I agree to pay the cost involved with this program by the end of term 1.

Student given name: **Rollcall** **Sport:** Year 7 sport **Cost** \$20

Parent Name **Sign**..... **Date**