

Early Years & Primary School Co-curricular Activities



There is a very wide range of activities offered in the Preparatory School and all children are encouraged to participate.

For our Junior Primary students, Westminster Preparatory School is part of the Active After-School Communities Program (AASCP), which is a Federal Government initiative conducted through the Australian Sports Commission, aimed at improving the fitness of primary school students. This program at Westminster, allows for our Junior Primary students to have access to a series of skills-based after-School physical activities, free of charge.

From Year 3, children are strongly encouraged to undertake a winter and a summer sport, but aside from the physical activities, there are also musical, intellectual and cultural offerings.

Sports choices are many and varied. Some of the sports offered are hockey, boys' and girls' tennis, football, boys' and girls' soccer, netball, boys' and girls' basketball, cricket, T-ball, softball, baseball, table tennis, volleyball, gymnastics, swimming, cross-country running, athletics and sailing. We take part in SAPSASA competitions and some organised 'knockout' sports.

Cultural and intellectual pursuits are also encouraged. Some of the activities on offer to students are dance, computing, chess, Brainwaves, debating, public speaking, competition maths, general knowledge and an art club, as well as musical pursuits such as choirs, ensembles and a concert band.

ACTIVE BODIES

Physical Education is that part of a child's education which uses physical activity as the primary medium for education. Physical Education is any process that increases a child's ability and desire to participate in a socially responsible way in physical activity in the form of games, sport, dance, adventure activities and other leisure pursuits.

PHYSICAL EDUCATION AND SPORT

Sport education and sport are important aspects of Physical Education. An appropriate learning environment for junior sport is one that reduces the emphasis on winning and losing, and focuses on maximum participation for all children in a variety of sports. These are suited to each child's social, personal and skill development. It also provides enjoyment and a measure of success for all, allows skill acquisition and improvement and develops good sporting behaviour. This includes self-control, discipline, cooperation, tolerance and respect for others. Schools provide the optimum setting for junior sport.

OUR PHYSICAL EDUCATION PROGRAM

The Physical Education (PE) Program encourages the development of physical, mental and social skills by introducing the student to a wide range of basic motor, physical and sporting activities.

Students in Reception to Year 2 take part in games and activities that concentrate on the development of fundamental motor skills such as locomotion, ball control, throwing, catching, striking, kicking and trapping.

Students in Years 3 to 7 take part in sessions concentrating on the development of game skills. These skills still take into account fundamental motor skills, but are developed using actual sporting activities.

TIME ALLOCATION

Our Reception and Year 1 classes have one 45 minute lesson per week with our Physical Education (PE) teachers. All classes from Years 2 to 7 receive two 45 minute lessons per week with a PE specialist teacher. Class fitness is also a timetabled session and occurs on those days that the children do not have PE. Every student in the Westminster Preparatory School exercises everyday.



Early Years & Primary School Co-curricular Activities *(continued)*



CO-CURRICULAR ACTIVITIES IN THE PREPARATORY SCHOOL

All students are strongly encouraged to participate in our extensive co-curricular program. The program provides an important extension to the Physical Education program. The School aims to achieve the following outcomes:

- enjoyment and fun
- skill acquisition (raising the level of skills developed in Physical Education)
- controlled emotional involvement in competition
- social development through social interaction
- physical fitness (health and a feeling of wellbeing)
- an understanding of the sporting/recreational opportunities available in the community
- the development of personal identity through team involvement.

In the Preparatory School the emphasis is on participation, enjoyment, developing skills, fitness and knowledge as well as fostering a positive attitude towards physical activity. Children progress through stages of activity in sport with different levels of organisation and competition. All staff members are involved in the coaching and management of our sporting teams.

CO-CURRICULAR ACTIVITIES ON OFFER

The Westminster Preparatory School offers activities in two groups – seasonal activities and ‘all year’ activities.

Summer Activities

Cricket, tennis, softball, T-ball, basketball, baseball, sailing, swimming, athletics, junior primary/Kanga cricket, junior primary T-ball, junior primary basketball, junior primary netball, golf clinics.

Winter Activities

Netball, football, soccer, basketball, hockey, cross-country, volleyball, table tennis, athletics, junior primary football, junior primary soccer, junior primary athletics.

All Year Activities

Swimming, athletics, distance running, dance, music (see separate entry), gymnastics, tennis coaching, Brainwaves, debating, public speaking, chess.

Grading of Teams

Teams at Westminster in Years 3 to 5 will not be graded or streamed, unless the relevant association calls for it. This is very unusual in primary school competition. However, at Years 6 and 7 levels, students may be assessed and placed into teams appropriate to their ability. At Years 6 and 7, there will be occasions when it is appropriate for the ‘best’ team to be chosen to compete. These include Years 6 and 7 football carnivals, Years 6 and 7 soccer ‘Cup’ matches and SAPSASA ‘knockout’ competitions.

Other occasions where a ‘best team’ will be selected are SAPSASA district athletics, swimming and cross-country as well as competition swimming teams.

HOT / WET WEATHER SPORTS PRACTICE POLICY

In the Preparatory School, sports practices are held as scheduled. When the weather is extreme (hot or wet), the practice will be held indoors or cancelled. Alternatively, parents are welcome to collect their children earlier.

SAPSASA INVOLVEMENT

Westminster Preparatory School is a member of the SAPSASA South West Region and takes part in many of the activities offered by this group.

Our students are offered the opportunity to try out for district teams that occur in most sports if they represent the School in that sport. We take part in district athletics, swimming and cross-country competitions.

If you would like any further information about any of the physical education or co-curricular activities, please contact Trevor Orman, Head of Physical Education and Sport in the Preparatory School on T: 08 8276 0312 or E: torman@westminster.sa.edu.au.



Early Years & Primary School Co-curricular Activities *(continued)*



WESTMINSTER PREPARATORY SCHOOL CO-CURRICULAR MUSIC PROGRAM

Music education plays an important role at Westminster Preparatory School. We seek to nurture children's enjoyment and understanding of music, which we hope will continue to enrich the quality of their lives in years to come. Our diverse music program consists of weekly classroom lessons, an instrumental tuition program and a co-curricular program. Our Music department is based in the heart of the Senior School, providing our Preparatory School students with the unique opportunity of working in close conjunction with Senior School music students in addition to the Music program that features. In the Preparatory School curriculum, there are many elective activities involving music.

Junior Choir

The Junior Choir provides students from Years 2 and 3 with the opportunity to experience choral singing in a fun and relaxed environment. Performance opportunities include School assemblies and functions, and community events.

Canto Choir

The Canto Choir provides students from Years 4 to 7 the opportunity to further extend their singing skills in a relaxed and supportive environment. There is no audition process for the Canto Choir therefore this group is open to all interested Years 4 to 7 students. Performance opportunities include School assemblies and functions, and community events.

Concert Choir

The Concert Choir is an auditioned group that consists of students in Years 5, 6 and 7. It is compulsory that students in Years 6 and 7 audition, but optional for Year 5 students. After auditioning, students may be offered a position in either the Concert or Canto Choir. The Concert Choir is re-auditioned each year.

The Concert Choir focuses on achieving a high standard

within their School and community performances. Biannually, this group is involved in our Westminster Preparatory School music tour.

Chapel Choir

The Chapel Choir consists of a small number of auditioned students from Years 6 and 7. This group is re-auditioned each year. Their role is to lead and enhance the singing at weekly Preparatory School Chapel services.

Concert Band

Students who learn woodwind, brass, percussion or keyboard are invited to join the Concert Band. It is preferable that students have reached a desired standard on their instrument before joining. Entry to this group is at the discretion of the Preparatory School music teachers and/or ensemble director.

String Ensemble

Students who learn violin, viola or cello are invited to join the String Ensemble. It is preferable that students have reached a desired standard on their instrument before joining. Entry to this group is at the discretion of the Preparatory School music teachers and/or ensemble director.

Flute Ensemble

Students who learn flute are invited to join the Flute Ensemble. It is preferable that students have reached a desired standard on their instrument before joining. Entry to this group is at the discretion of the Preparatory School music teachers and/or ensemble director.

Private Instrumental Tuition

We have a wide variety of instruments and tutors available for students to learn on a private basis during school hours. These optional lessons are scheduled in conjunction with the class teacher and the Performing Arts assistant. Please contact the Music Department on T:08 8276 0236 for further information.

