



ABBOTSLEIGH



# Abbotsleigh Junior School **PDHPE and Sport Program 2026**

# PDHPE Curriculum aligned programs and opportunities

In the Junior School, our PDHPE specialist teachers focus on the development of the whole child with experiential learning experiences.

Our PDHPE program is aligned with the mandated curriculum, focusing on the three domains of self-management skills, interpersonal skills and movement skills.

Our girls delight in scootering and skating around the pathways and playing on the two sets of play equipment during break times to build strength, fitness, spatial awareness and develop interpersonal skills.

A broad range of learning experiences ensures that girls are well prepared for entry into the optional Independent

Primary School Heads of Australia (IPSHA) Saturday Sport program and fosters a lifelong love of exercise and sport. These include:

- The Outdoor Education Program (T-6)
- Bike Education (Year 2)
- Surf Education (Years 5 and 6)
- Swimming lessons and water safety (T-6)
- Tennis Hot Shots (K-2)
- Cross Country training sessions (Years 2-6)

## School based carnivals

Each year, friendly rivalry and competition abounds at our annual sporting carnivals. In Term 1, girls in Years 3-6 participate in swimming and diving trials followed by our Primary Swimming and Diving Carnivals. The Primary Cross Country Carnival is also held in Term 1. Girls in Years 3-6 will



participate in athletics trials in Term 2 followed by the Primary Athletics Carnival in Term 3, which is held at the Athletic Centre at Sydney Olympic Park, Homebush.

Girls are selected from these school-based carnivals to form our athletics, cross country, diving and swimming teams, which represent Abbotsleigh at major IPSHA carnivals with the opportunity to continue progression along the representative sport pathway.

The Infants girls (K-2) have their turn in Term 2 with girls competing in the Infants Athletics Carnival and again in Term 4 with the Infants Swimming Carnival.

## **IPSHA Saturday Sport Program**

Junior School girls participate in the weekly interschool IPSHA Saturday Sport program. IPSHA Saturday Sport is available to all girls in Years 3-6 and runs for all four terms of the year. The emphasis in Saturday Sport is on fun, skill development and healthy interschool competition in a supportive and safe environment and these outcomes have seen numbers soar in recent years.







While Saturday Sport is not compulsory, we strongly encourage all girls to participate regardless of previous experience or skill level and offer the following options:

**Term 1:** Years 3-6 football (soccer); Years 4-6 flippa ball and Years 5 and 6 water polo

**Term 2:** Years 3-6 netball; Years 3-5 minkey; Year 6 hockey

**Term 3:** Years 3-6 AFL; Years 3-6 touch football

**Term 4:** Years 3-6 basketball; Years 3-6 T-20 blast cricket; Years 3-6 Tennis and Tennis Hot Shots

Training is provided once a week by specialised coaching staff supported by PDHPE teachers. Every girl who registers to play will be placed in a team, irrespective of ability or previous experience.

All girls wishing to participate need to be available for weekly training

sessions and Saturday morning matches. Weekly training for Saturday games is held on the Junior School campus on the following days:

**Year 3:** Tuesday  
(3.20-4.30 pm)

**Year 4:** Thursday  
(3.20-4.30 pm)

**Year 5:** Wednesday  
(3.20-4.30 pm)

**Year 6:** Monday (3.20-4.30 pm)

## Saturday Sport for Year 2

Our 'friendly' Saturday Sport program is offered to Year 2 girls in Semester 2 (Terms 3 and 4). These sessions are designed to assist in preparing the girls for the IPSHA Saturday Sport competition when they enter Year 3 as well as develop their overall skills and foster a love of sport and physical activity in a fun and supportive setting.





All sessions are conducted on the Junior School campus from 8-9.30 am on Saturday mornings throughout Semester 2.

## **Kindergarten and Year 1 Sport**

In Term 4, all girls in Kindergarten and Year 1 have the opportunity to participate in our football development program. This is held on Friday afternoons on the Junior School campus from 3-4 pm.

## **Representative sport pathway trials**

Girls who demonstrate exceptional ability of a representative standard will be invited to represent Abbotsleigh at various sport trials and carnivals. These occur throughout the year with progression from IPSHA to CIS (Combined Independent

Schools), NSWPSSA (NSW All Schools State Championship) and SSA (School Sport Australia National Championship) levels.

Pathway sports include AFL, basketball, cricket, football (soccer), golf, hockey, netball, softball, tennis and touch football.

School carnival sports include swimming, athletics and cross country.





## Other sporting opportunities

Each year we host our own interschool swimming and diving carnival in the Abbotsleigh Aquatic Centre in Term 4 with a large squad of established and up and coming swimmers selected to compete. Our athletics team also has the opportunity to compete at the Barker Athletics Invitational in the lead up to the IPSHA Athletics Carnival.

Artistic gymnastics squad training is available weekly throughout Terms 3 and 4 on Saturday afternoons. Sessions are conducted in the Senior School Gymnasium under specialised coaching staff. Girls can then progress to the IPSHA Gymnastics Carnival in Term 4.

We also enter teams in the Interschools Snowsports competition in the July

school holidays each year with pathway progression to state and national level championships. This event alternates between the Thredbo and Perisher resorts each year.

Girls can also represent the school at equestrian and mountain bike events throughout the year.

Girls in Years 3-6 can participate in the Junior School singles and doubles tennis competitions which take place in Term 3.

## Questions and contact details

Questions regarding our Sport and PDHPE curriculum programs can be directed to Head of Junior School Sport and PDHPE – Mr Aidan Baker, via email: [juniorsport@abbotsleigh.nsw.edu.au](mailto:juniorsport@abbotsleigh.nsw.edu.au).



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