



SPORTS CLASS 2005-26



**Individual
Growth
Through
Challenge
and
Learning**



**Lighting
the Path
To Success**



"ATTITUDE IS EVERYTHING!"

Parents/Caregivers/Whanau

This slideshow will be up on the School Website in the next couple of days. To access it:

- Go onto the Northcross School Website.
- Click on *'Menu'*.
- Click on *'Northcross Learning'*.
- Click on *'Learning Environments'*.
- Scroll down to *'Y8 Sports Class'*.
- Click on the + symbol.
- Everything regarding the Sports Class is there.

SPORTS CLASS AIMS

- ✓ To inspire and foster a love of learning and academic engagement.
- ✓ To challenge students to adopt an attitude of daily self improvement in all areas of their lives.
- ✓ To encourage an understanding of being a part of something bigger than themselves.
- ✓ To help students understand how, where and when they can transfer skills and values learnt, into other areas of their lives.



'Be the person everyone wants to be around.'

"It's not how we handle success in life, it's how we react to life's failures that determines the measure of a person."

***Dean Lonergan
Rugby League***

MY PHILOSOPHY and APPROACH

I believe in and encourage:

- Whanaungatanga
- High Expectations
- Work Ethic
- Values/Character
- Systems/Routines
- Goal Setting
- Independence
- Being Pro Active
- Managing Time
- 'Real' Teamwork/Spirit
- Contribution/Involvement
- Managing Self
- Positive Mindset



In my experiences over the years students 'buy into' this 'game plan' and it has resulted in not only improvements in their sport, but also in their academic learning and all round development.

"Individual commitment to a group effort. That's what makes a team work, a company work, a society work and a civilisation work."

Vincent T. Lombardi-NFL

SO WHY A SPORT'S CLASS?

The Sports Class was created to provide students with another learning style, much like our Independent Learning Classroom, Twin Classrooms and Performing Arts Class. All NZ Curriculum strands are taught (Numeracy, Literacy) and it works like any other class **except** that the **learning context** is related to sport, fitness, physical education, health or other related fields. All content still follows the N.Z Curriculum Framework/National Standards and it's objectives and learning outcomes. It is important for students and parents to realise that teaching is my passion and this class is a fantastic way to motivate kids to get excited about their academic learning too.

"Te torino haere whakamua, whakamuri."

'At the same time the spiral is going forward, it is also returning.'





SELECTION OF CLASS

"Being the best you can be is possible only if your desire to be a champion is greater than your fear of failure."

Sammy Lee

Soccer

The students identified are Year 8 and selected by myself, Jonathon Tredray (Principal) & Senior Management. Students from the ILC are ineligible to apply.

Being involved in coaching all year round, helping organise and run our major sporting events at NX, running LT Sport and also being out there observing a lot of sport, enables me to see a lot of Y7 students in action. This starts from Day 1 of their Y7 year. Obviously, more and more students get seen as the year progresses and this is a major factor in the selection process. So, get out there guys! Be pro active and get involved!

I am looking for students who are skilled in a variety of sports, although if they are exceptional in just one then that selection will be at the school's discretion.

I am also looking for students who wish to challenge themselves to achieve academically. We must remember that this is a classroom and your education is a priority.

Every effort is made in the selection process to select the right group of students for the class. Please keep in mind that once the class is selected NO DISCUSSION of non-selection will take place. While I would love to give feedback, to do so would take an enormous amount of time to do it properly and the way I'd like to. Quite simply, it is impossible to do at that time of the year and unrealistic. The school also has every right to choose the class as it sees fit.

PROGRAMME CONTENT

The following topics are focused on for our PBL Units:

- The 3 Energy Systems/Components of Fitness/Various Training Methods-TERM 1
- Nutrition/Hydration-TERM 2
- Anatomy and Physiology-TERM 3
- Biomechanics/Force Summation-TERM 4

Ongoing

- Goal Setting-SMARTER Goals/SMARTER Steps
- Weekly Goals/'I WILL' Goals
- Time Management-HW Diary Organisation
- Fitness-all 5 Elements
- Correct Stretching/Appropriate Warm up/Cool down
- Thrive Nation
- Mental Strength Training- how the mind works; how to focus, overcoming mental barriers and appropriate actions.

Other aspects that will be looked at are:

- Physical Conditioning
- Pre/During/Post Training and Competition Routines and Systems.
- Learn fundamental sports skills by participation in complementary sports i.e. similar energy systems and movement patterns requirements
- Injury prevention and treatment



**"The pain of regret is far worse
than the pain of pushing yourself."**

*Bevan Docherty
Triathlon*

APPLICATION FOR THE SPORTS CLASS

- ✓ Firstly you need to decide if the above concept sounds like you. If so, then you will need to get out there and get involved in as much as you can!
- ✓ At the start of Term 4 you will be sent a Google Application Form to fill out. (This will be up on the School Website).
- ✓ You can start to compile a CV. Update this as the year progresses. A two page CV (maximum) is required in Term 4. The template will be up on the School Website also.
- ✓ Then you will have to attend a Testing Day in Term 4. (This involves testing of all elements of fitness!)
- ✓ The Sports Class is looking for students with all around ability in a variety of sports.
- ✓ You also need to have a positive attitude and a sense of humour!
- ✓ A desire to improve and extend yourself academically is also a must. I suggest you really try arming yourself with as many of those learning skills and tools as you can that your Y7 teachers are teaching you!
- ✓ Students must enjoy working as a team, but also want to improve their independence and time management skills.
- ✓ If this is the challenge you've been looking forward to in your schooling, then I look forward to seeing you throughout the year, and putting you through your paces on the Testing Days!



HOW DOES THE TESTING WORK?

Basically the students will do a variety of the following tests to give me an insight into their teamwork, group-work, potential and skills.

- Power-Vertical Jump, Standing Long Jump
- Agility-NFL 3 Cone Drill, Illinois Agility Test
- Anaerobic Capacity-Broncos Test
- Aerobic Capacity-Beep Test
- Speed-20m, 40m and 100m Sprints
- Strength-Push Ups & Crunches



Once the testing is done and the Applications and CV's are in, students will be notified of their placing when all the other Y8 classes are notified.

SPORTS CAMP

One of the undoubted highlights of the year is Sports Camp. The Sports Class participates in this highly competitive Camp against schools from the Bay of Plenty, Waikato and Auckland Region. The Camp is held at Totara Hot Springs, Matamata over a whole week at the end of term Two. The students compete in a massive amount of sport (about 40 different one's!) These range from traditional sports such as Touch, Football, Netball, Softball, Rugby, Basketball to more obscure games and sports such as Scramball, Wallball, Shooting, Kayaking, Archery, Caged Soccer and many, many more! It's amazing to see these kids from a class compete against the very best from other schools!



2005-26 HIGHLIGHTS



**Doc Mayhew/Ian Jones/Eroni Clark Visits
Sports Camp**

Beach Trips-Sandspit/Te Muri

Gary Jonas Visit-Speights Coast to Coast

British and Irish Lions Training

All Blacks Training

All Blacks vs. Fiji Test

NZ Knights Games

Maori TV-'Code' Visits

Finlay Park-Year 8 Camp

Mountain Biking/Orienteering

Have a Go Sailing

Millennium Institute Visit

New Zealand Warriors Breakfast/Coaching/Games

Broom Hockey Night

Early Morning Fitness/Skills Sessions

Class Trip to Goat Island

Ilminster Sports and Cultural Exchange

NZCT AIMS Sports Championships

Pumphouse Play

Xmas Variety Show Night

Weetbix Tryathlon Launch

Tree Adventures Night Trip

TOWARD THE FUTURE.....

Numerous global studies continue to support the theory that physical activity can, and does in fact, increase academic achievement . I hope that being involved in a class of this type will fuel these students desire to explore the Sports Industry further as a possible career option.

I know of at least a dozen former students who have moved into careers such as PE teaching, physiotherapy, sports trainers, professional athletes and other similar careers. Quite a few have also gained scholarships to US universities for volleyball, basketball & athletics.



**"Play like it's
your last game
ever."**

*Wayne 'Buck' Shelford
Rugby Union*

"The Sports Class is not just about sport. I've been more interested in my academic work because it is related to sport and because I'm more interested in it I have got better results."

"The Sports Class has helped give me opportunities to become a leader within our class, out of class, in sports teams and around the school."

"Because the work is enjoyable, it is not something you have to do, it is something you want to do."

"During the year I have learnt about our body and how it works."

"The Sport's Class has inspired me and helped me overcome my barriers."

"You learn heaps in fun and different ways."

"The Sport's Class has made me a better person due to the work we did on values."

"I have learnt about goal setting and following them up."

STUDENT QUOTES



IMPORTANT DATES!

➤ CV/RESUME DUE

Friday 6th November (Week 5)

➤ GOOGLE APPLICATIONS FORM DEADLINE

Friday 6th November (Week 5)

➤ TESTING DAY/S

Girls-Wednesday 11th November (Week 6)

Boys-Thursday 12th November (Week 6)

➤ SPORTS CLASS 2027 SELECTION NOTIFICATION

Applicants will be notified when all other Y8's find out their 2027 class.

IMPORTANT APPLICATION REMINDERS!

- Students MUST use their NX Google Account to complete the Google Form and the CV/RESUME template.
- Accuracy is vital when completing the Google Form. Do not tick that you are in a Team 1 unless you are 100% sure. We do check that what you have ticked matches our Master Spreadsheet. If in doubt, ask!
- None of these documents are shared to parents or outside of school organisations & email accounts.
- Make a copy of the CV/Resume template & when completed, share with me, scottw@nxschool.kiwi

'A picture paints a thousand words!'





**"Sport parallels
life. In order to win
you must put
yourself in the
race."**

*Dick Quax
Athletics*



NORTHCROSS
INTERMEDIATE

CONTACT DETAILS

Scott Washer

Bachelor of Education-Major = Physical Education and Sport

Diploma of Teaching

Diploma in Sport and Recreation

Unitech Certificate in Sport and Leisure Studies

Rugby League International Coaching Course

World Rugby Foundation 7's Coaching Course

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