

## Off Road Biking



Off Road Biking is a popular activity at Noosaville State School. The sessions are conducted within the school grounds and the forest trails adjacent to the school, the students learn the basics of bike handling, how to navigate tracks, improve their fitness and at the same time experience the beauty of our local area.

The program runs after school and is led by a qualified instructor supported by school staff. We cater for a maximum of 10 students in each 6 week block, which ensures quality instruction time for each student. Years 4, 5 & 6 are able to participate.

Look out for two wheeled daredevils!

**Sport at Noosaville State School**  
*Be the Best You Can Be...*

## Extra Curricular Activities

At Noosaville State School, we involve the students in many school and community based fixtures and carnivals.

By supporting these types of events, the students experience the opportunity to compete against students from other schools, their skills improve rapidly and they learn the value of teamwork, good sportsmanship and respect.

We encourage and promote sign on days to all our local sporting bodies and have students involved in basketball, cricket, equestrian, Little Athletics, netball, nippers, oztag, rugby league, rugby union, softball, soccer and touch football.

Our students participate in a variety of extra school sport competitions throughout the year including:

- NRL Development Cup
- Netball Cup
- Billy Moore Shield
- Milo T20 Cricket Blast
- AFL Brisbane Lions Cup for Boys and Girls
- Oztag Primary Schools Challenge
- The King of the Mountain Primary Schools Relay
- Sporting Schools Programs
- Brent Molony Cup
- 5K Breakfast Fun Run
- Noosa Triathlon Activities

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*Be the best you can be.....*

Sporting Talent  
Development  
Program





Physical activity is important for healthy growth and development. It is a great way for students to make new friends and learn valuable social and physical skills.

At Noosaville State School we believe that HPE is part of the complete educational experience for our students. HPE is one avenue that encourages students to achieve their personal best.

Students in the lower years begin with gross motor activities early in Term 1 and then progress throughout the year to curriculum based sports. The early drills sessions assist the development of skills needed for successful participation in these sports.

The middle and upper primary students are involved in a wide range of sports including AFL, athletics, badminton, basketball, cricket, netball, Oztag, soccer, softball, surfskills, T-Ball, touch football and volleyball. Some of these sports are also played competitively in interschool competitions.

Noosaville State School also offers a number of extra curricular programs that are designed to provide an opportunity for students to participate in a sport they may not normally have access to. We hope to instil a passion, a drive to succeed and the motivation required to pursue sport and fitness in their own time. These include:

- \* Surfing Program
- \* Running Club
- \* Dancefit
- \* Off-Road Biking Program
- \* Gymnastics
- \* Sailing

## Surf Program



Our Surfing program has been operating since 2006. Students from Year 2 to 6 surf before school on a Friday morning at Access 12/13 at the far end of Hastings Street in Noosa. Students are introduced to the many facets of surfing and even get to try some spectacular surf dancing moves with our qualified coaches. Students are taught board control, entry and exits from the water, how to read the surf conditions, paddle technique and how to stand up and ride a wave.

We provide the boards and coaches. All the students need to bring is a willingness to have a go! This is a very popular program and is conducted in Terms 1,2 and 4.



## Running Club

Running Club has been operating since 2013 with the aim to prepare students for the cross country and athletics seasons. It is conducted before school in Terms 1, 2 and 3.

We follow a program prepared by a qualified coach and try to vary the sessions each week to maintain interest and motivation. Early in the season the focus is on developing a base level of endurance and as trials and carnivals approach, speed becomes the focus. Each session begins with dynamic flexibility exercises.



The training is available to any Noosaville student in Years P to 6 who would like to improve their fitness, compete to the best of their ability at school, District and Regional events, or just have fun running.