YEAR 6 PROGRAMME

Day 1 Monday, 24 Nov 2014

T.E.A.M – TOGETHER EVERYONE ACHIEVES MORE

Students will be rotating through three activities. Each activity will require students to work collaboratively to succeed. This day follows normal school routines. Full canteen facilities are available to students, however all students must have a full water bottle and wear the school sports hat.

ACTIVITY 1: Circus Challenges – Students will be challenged to successfully compete in a series of Circus games

ACTIVITY 2: Tennis Skills- Students will participate in various ball skill challenges related to the game of tennis

ACTIVITY 3: Beach Sports- Students will be walking to Newcastle Beach to build an elaborate sand castle to be judged by a panel of experts and compete in a beach volleyball competition

Day 2 Tuesday, 25 Nov 2014

OUR PRECIOUS EARTH - Sustainability

Students will be rotating through three activities designed to develop in students an awareness of the importance of sustainable practice.

This day follows normal school routines. Full canteen facilities are available to students.

ACTIVITY 1: The Great Race- collaboration to solve a variety of challenges in a limited time period.

ACTIVITY 2: Science and Technology- design and build a project to reduce energy footprints

ACTIVITY 3: Create –leave an artistic footprint on the NGS Environment

Day 3 Wednesday, 26 Nov 2014

OUR DIVERSE COMMUNITY

Students will commence the day with a video presentation related to sustainability. Following this they will be rotating through three activities which incorporated principles of responsible global citizenship.

This day follows normal school routines. Full canteen facilities are available to students.
ACTIVITY 1: Hip-Hopping from Bollywood to Brazil – With over 25 years of experience Shyamala shares the joy of dance through the fusion of Samba and Hip Hop.

ACTIVITY 2: Poetry, to the Rescue- Steven Herrick brings to life the magic of Poetry through this interactive workshop

ACTIVITY 3: Water, Water Everywhere- Water is a valuable resource that needs to be protected. The Ship O Fools-Bubbles & Supa Squirt Water Saving Show highlights this importance. Students will use this presentation to prepare an art work reflective of the theme.

Day 4  Thursday, 27 Nov 2014

COMMUNITY SAFETY- Bicycle Safety and Road Safety

Students will be travelling the Central Coast Community and Road Education Centre to participate 4 Sessions related to road safety and bike riding. They will be departing from Newcastle Grammar School at 8.30am and returning 3.30pm. **Students must provide all food and drink for today (a water bottle is needed) as there are no available canteen facilities.**

SESSION 1: Students will learn about safety equipment, bicycle maintenance, hazard perception, head injuries, intersections and road rules

SESSION 2: Students are taught how to correctly fit their own helmets, how to conduct their own bike checks and safety skills. They will be encouraged to use these new skills to negotiate around the obstacle course and participate in a slow race which tests their slow cycling skills and balance.

SESSION 3: Students are taught on a simulated road how to ride around a roundabout, how to stop correctly at stop signs and how to ride correctly along shared pathways and gravel roads.

SESSION 4: Students will be given a ‘licence’ with 12 points. The aim of this session is for students to apply their new cycling skills and road knowledge to ride around a simulated road without committing any traffic offences that will lose them points on the ‘licence’.

Day 5  Friday, 28 Nov 2014

HEALTHY BODY/ HEALTHY MIND- The Importance of Exercise as part of a healthy lifestyle

Students will be travelling by bus to and from The Forum Gym at the University of Newcastle to participate in a series of three sporting challenges. They will be leaving school at 8.40am and returning at 2.45pm. The activities will be coordinated by qualified Forum Gym Staff with supervision
provided by Newcastle Grammar Staff. This is a full day excursion. *Students must provide all food and drink for today (a water bottle is needed) as there are no available canteen facilities.* Students must wear sports uniform and school bathers.

**ACTIVITY 1:** Rock Climbing – Students must return the signed waiver in order to participate in this activity

**ACTIVITY 2:** Team Sports

**ACTIVITY 3:** Splash Zone- Students are required to pass a 15m swim test conducted on the day by qualified forum staff before they will be allowed to enter the splash zone