

Sport Choices Term 2 2018

Golf

Location: Forbes Golf Club Driving Range

Cost: \$2 for the Bus + \$5 = \$7 per week

Requirements: Students will be supplied with golf clubs and balls and will be at the driving range at the Forbes Golf Club. Students will be given the opportunity to learn, develop and refine their driving ability.

Tennis

Location: School Courts

Cost: \$1 (per week)

Requirements: Students are provided with all equipment needed however are able to bring their own racquet if they would prefer. Students will participate in tennis activities.

Cross Fit/Cross Country

Location: Forbes Croquet Club/Forbes Lake

Cost: \$2 for the bus (per week)

Requirements: Students will be required to wear clothing and footwear suitable for high intensity physical activity. Students will be participating in running and cross fit type activities around the lake. It is also expected that students will bring a drink bottle.

Rugby League Training (Under 16's)

Location: Forbes High School Oval

Cost: \$0

Requirements: Students will be required to participate in a range of rugby league related skills and games to prepare for the CHS knockout competition in 2018. Students are required to wear clothing and footwear appropriate for these activities.

Weights First Class Fitness (years 9+)

Location: First Class Fitness, 4-6 Dalton St Forbes

Cost: \$2 for the bus + \$5 for the Gym = \$7 per week

Requirements: Students must be in year 9 or above to participate in this sport. Students have the opportunity to complete a weights program as well as cardio based activities. Students must also fill out a form giving them parental permission to be at the gym.

Walking

Location: Forbes Croquet Club/Forbes Lake

Cost: \$2 for the bus (per week)

Requirements: Students will be required to wear clothing and footwear suitable for this activity. Students will participate in walking around Lake Forbes. It is also expected that students will bring a drink bottle.

Lawn Bowls

Location: Forbes Sport and Recreation Club

Cost: \$2 for the bus + \$2 for lawn bowl hire = \$4 per week

Requirements: Students will be required to participate in games of lawn bowls. Students are provided with all equipment needed however are able to bring their own if they would prefer.

Fishing

Location: Forbes Lake behind Forbes Primary School

Cost: \$2 for the bus + \$1 = \$3 per week

Requirements: Students are provided with hand lines and bait each week however are able to bring their own if they would prefer. Students are expected to participate in fishing each week.

Squash

Location: Forbes Golf Club

Cost: \$2 for the bus + \$3.50 = \$5.50 per week

Requirements: Students are provided squash racquets and balls each week however can bring their own if they would prefer. Students will participate in a round robin competition each week. Students will also learn how to score and officiate squash games.

Girls School Sport

Location: Forbes High School

Cost: \$0

Requirements: Students will be required to participate in a range of sports and physical activities throughout the term. Students are expected to wear clothing and footwear appropriate for sport.

Boys School Sport

Location: Forbes High School

Cost: \$0

Requirements: Students will be required to participate in a range of sports and physical activities throughout the term. Students are expected to wear clothing and footwear appropriate for sport.

Skate Park

Location: Forbes Skate Park

Cost: \$2 for the bus

Requirements: Students are required to bring their own equipment (scooter, skateboard, helmet, protective equipment). A hard shell helmet must be worn at all times and beginners must also wear knee, wrist and elbow guards (this is at the discretion of the supervising teacher). Students are required to participate in activities at the skate park.

Drama

Location: Classroom; D6

Cost: \$0

Requirements: Students will learn many different skills in acting, such as how to use their voices and bodies to create an interesting piece of theatre. They will learn this through participating in many different drama games. Students will also be given the opportunity to perform at assemblies and MADD nights throughout the year.

Touch/Oz Tag

Location: Halpins Flat

Cost: \$2 for the bus

Requirements: Students will be required to participate in a touch football and Oz-tag throughout the term. Students are expected to wear clothing and footwear appropriate for sport and bring a drink bottle.