

# 2018 FREO SKILLS 4 SCHOOLS



SECURING OUR FUTURE



# COMMUNITY GOALS PROGRAMS, COMPETITIONS & SPECIAL EVENTS FAMILY TREE



FREMANTLE  
DOCKERS



SECURING OUR FUTURE



PARTNER CLUBS OF THE FREMANTLE  
DOCKERS  
A PARTNER CLUB OF THE FREMANTLE DOCKERS FOOTBALL CLUB



# Message from the Club



The Fremantle Dockers Football Club has a corporate and social responsibility to the community in which it thrives. In essence, it's about giving something back to acknowledge the support the club receives from the community.

Freo Skills 4 Schools is instrumental in achieving that aim through a broad range of programs. It is a school-based initiative designed to utilise the Fremantle Dockers' resources and player expertise to assist students to make informed decisions for a responsible, healthy and active lifestyle.

Freo Skills 4 Schools, which is a key component of Community Goals, is proudly supported by the Fremantle Dockers Foundation. The foundation seeks to support the community through positive community engagement and social inclusion opportunities.

The curriculum-based programs are fun-filled and encourage active and healthy participation among young children. With childhood obesity on the rise, the programs are also a great way to help tackle major health issues in our community.

We look forward to hosting all schools and community groups at our new home base at Cockburn ARC.

As has been the case in previous years, all the programs are in strong demand. Because places are limited, I encourage you to make your program selections as soon as possible to secure your place.

Thank you for your interest, and we look forward to you being a part of Freo Skills 4 Schools in 2018.

# HOW TO REGISTER

Freo Skills 4 Schools delivers a range of exciting and innovative activities aimed at primary school-aged children. With the program's continued success, opportunities to participate are in high demand.

» **Read through this booklet and select the programs most appropriate to your school's needs.**

» **You can then register by clicking [HERE](#).**

» **If you require assistance please email [skills4schools@fremantlefc.com.au](mailto:skills4schools@fremantlefc.com.au) or call (08) 9433 7000**

Please remember completed booking forms will not guarantee placement in the program and early lodgement of booking forms is encouraged to avoid disappointment.

PP									
Year 1									
Year 2									
Year 3									
Year 4									
Year 5									
Year 6									
Year 7									
Year 8									
Year 9									
Year 10									
Year 11									
Year 12									

# FREO



**PP-YR1**

# FUNDAMENTALS

The Fremantle Dockers Football Club, in conjunction with the University of Notre Dame Australia, conducts Freo Fundamentals in selected lower primary schools throughout Perth.

*Freo Fundamentals*, with its emphasis on fun and enjoyment, introduces simple play activities designed to fit into outdoor play sessions that promote fundamental motor, communication and social skills. Young children will be introduced to fundamental motor skills through structured learning program conducted by students from Notre Dame.

Freo Fundamentals has been designed to match the needs of young students and develop competency in fundamental play skills within the WA Curriculum Framework Outcomes.

## **PROGRAM OUTLINE**

*Freo Fundamentals* is conducted over four sessions in term one for students in Pre-Primary and Year One with a maximum of four classes from each school participating.

**There is no cost to be involved in *Freo Fundamentals*.**

### **SESSIONS ONE – THREE**

Fremantle Dockers Community Co-ordinators conduct a 30 minute fundamental movement session at your school, based on the curriculum framework outcomes for three consecutive weeks.

### **SESSION FOUR**

All schools involved in Freo Fundamentals will receive an invitation to an exclusive Fremantle Dockers Gala Day. The gala day will allow students the opportunity to develop their football skills with Freo Dockers players at our home base at Cockburn ARC.

# FREMANTLE DOCKERS

## Sports Development Program

The Fremantle Dockers are proud to continue their partnership with SEDA (Sports Education and Development Australia) for a sixth year in 2018.

The Fremantle Dockers Sports Development program is a joint initiative between SEDA and the Fremantle Dockers, specifically for Year 11/12 students interested in a career in sport and recreation or other similar industries.

Fremantle Dockers SEDA students gain hands on experience in areas of the sports industry while also providing them with formal education qualifications.

### **PROGRAM OUTLINE**

Fremantle Dockers SEDA groups deliver a modified version of Freo Fundamentals for students in Years one to five over a three-week period. Through the delivery of this program younger children learn fundamental motor, communication and social skills via basic activities and games.

SEDA school clinics are a variation of Freo Fundamentals and are conducted over three sessions for primary school students. These sessions involve approximately 20-25 SEDA students conducting clinics with classes of up to 30 participants. A maximum of six classes from each school can be booked. There is no cost involved in the Fremantle Dockers SEDA programs.



# LET'S GO FREO

YRS 2-3

*Let's Go Freo* is designed to utilise the Fremantle Dockers' resources and player expertise to assist students in making informed decision for a healthy lifestyle.

The specific objectives of the program are as follows:

- 1.** To provide Year 2 and 3 students with a unique and personal experience as they take part in a football clinic and tour run by Fremantle players at our new state of the art facility at Cockburn ARC.
- 2.** To promote living a healthy lifestyle by engaging in practical football sessions.
- 3.** To introduce and engage new participants to the Fremantle Dockers Football Club and the AFL.



## **PROGRAM OUTLINE**

*Let's Go Freo* is conducted over three sessions in terms one and four for primary school students in Years two to three. A maximum of four classes from each selected school can be accommodated.

In season 2018, the Fremantle Dockers are pleased to offer Let's go Freo at no cost to all participating schools.

### **SESSION ONE: INTRODUCTION TO THE GAME**

Fremantle Dockers AFL  
Women's players will visit  
your school to run an  
introductory skills session.

*Note:*  
*30-40 minutes per class*

### **SESSION TWO: IN CLASS SESSION**

Fremantle Dockers AFL  
Women's players will visit  
your school to run an  
interactive in class session  
covering following topics:  
**SUN SMART, HYDRATION**  
and **HEALTHY EATING.**

*Note:*  
*30-40 minutes per class*

### **SESSION THREE: LET'S GO FREO GALA DAY**

All participating classes  
will be invited to the  
Fremantle Dockers  
Football Club for a fun  
clinic with the players and  
a tour of the facilities.





# WELCOME TO FREO

YRS 4-6

*Welcome to Freo* is designed to utilise the Fremantle Dockers' resources and player expertise to assist students in making informed decisions for a responsible, healthy and active lifestyle.

The specific objectives of the program are as follows:

- 1.** To develop an understanding of **BULLYING, GOAL SETTING, HEALTHY LIFESTYLE, LEADERSHIP, and SOCIAL RESPONSIBILITY** within the WA Curriculum Framework Outcomes.
- 2.** To introduce and engage culturally and linguistically diverse populations to Australian culture through Australian Football, the Fremantle Dockers Football Club and the AFL.
- 3.** To provide students with a rare opportunity as they take part in a football clinic and tour run by Fremantle Dockers players at our new state of the art facility at Cockburn ARC.
- 4.** To promote healthy and active lifestyles by engaging in a practical football session.



## **PROGRAM OUTLINE**

*Welcome to Freo* is conducted over four sessions in terms two to three for primary school students in years 4-6. A maximum of four classes from each selected school participating can be accommodated.

In season 2018, the Fremantle Dockers are pleased to offer *Welcome to Freo* at no cost to all participating schools.

### **SESSION ONE: INTRODUCTION TO THE GAME**

Teachers will be provided with a lesson plan and an educational skills video conducted by players. Teachers are to run this session prior to the players visiting for session two.

*Note:*  
*45 minutes per class*

### **SESSION THREE: IN CLASS SESSION**

Each school has the opportunity to have Fremantle Dockers players conduct an interactive in-class session on one of the following topics: bullying, goal setting, healthy lifestyle, leadership and social responsibility.

*Note:*  
*20 – 30 minutes per class*

### **SESSION TWO: PLAYER CLINIC**

Fremantle Dockers players will visit your school and conduct a Freo Footy Skills session. It is a priority that we confirm dates and times for these sessions.

*Note:*  
*30-40 minutes per class*

### **SESSION FOUR: WELCOME TO FREO GALA DAY**

All participating classes will be invited to the Fremantle Dockers Football Club for a fun clinic with the players and tour of the new facilities.

# PURPLE HAZE



# DAY

**Create a Term One Purple Haze at your school and WIN!**

Purple Haze Day is a free dress day held during Term One in 2018. Students are encouraged to wear purple to school in exchange for a gold coin donation.

**THERE ARE GREAT PRIZES UP FOR GRABS!**

Schools that raise more than \$300 will go in the draw to win the following prizes:

**WIN!** A Fremantle Dockers playing guernsey, signed by the 2018 playing group

**WIN!** A football clinic run by Fremantle players for up to 100 students

**WIN!** A bag of footballs for your school

TO REGISTER YOUR SCHOOL FOR A 2018 PURPLE HAZE DAY [CLICK HERE](#)

# COMPETITIONS

The following competitions are coordinated by the WA Football Commission with the support of the Fremantle Dockers Football Club.

Click [HERE](https://www.wafootball.com.au) to register via [wafootball.com.au](https://www.wafootball.com.au)



*Freo Fast Ball* is an exciting team handballing event. The competition involves a team of six students handballing a football through the zig-zag formation as quickly as possible.



*Freo Kwik Kick* involves students kicking in pairs over a short distance to see how many successful kicks they can complete in three minutes.



*Freo Long Bomb* is the easiest of the three competitions to conduct. It simply involves students trying to kick a football as far as they can.



*Freo Fast Ball*, *Freo Kwik Kick* and *Freo Long Bomb* are curriculum-based football activities. Teachers are provided with educational and promotional resources to assist in implementation of the *Freo Fast Ball*, *Freo Kwik Kick* and *Freo Long Bomb* competitions.

All schools that apply for any/all of these competitions are automatically accepted and will receive the following:

- Fremantle Dockers footballs (size one)
- Six-week Physical Education planning document for *Freo Fast Ball* / *Freo Kwik Kick* / *Freo Long Bomb*
- Competition timeline
- Equipment checklist
- Event checklist
- Official recording sheets
- Official rules and regulations
- Promotional poster

Competitions are divided into six categories:

- Year 4 boys
- Year 4 girls
- Year 5 boys
- Year 5 girls
- Year 6 boys
- Year 6 girls

These competitions encourage enjoyable team competition whilst at the same time promoting school spirit and participation in sport.

Competitions are easy to organise and can be conducted either by schools during normal physical education classes, sports lessons and athletics carnivals or by the student council during lunch times to minimise disruption to classes.

We ask that all competitions be conducted during term two of the school year as all school winners will be invited to participate in a finals series during the July school holidays.



The Freo Dockers Cup is an extremely popular interschool football competition for female students in upper primary. The competition also runs in various high school age groups. The Freo Dockers Cup is played either in a one-day Lightning Carnival format or a weekly round-robin competition. The special modified rules (NAB AFL Junior Rules) allow for maximum participation, enjoyment and skill development in a safe environment. The emphasis should always be on playing safe fun rather than on winning.



Primary schools that participate in an interschool one-day Lightning Carnival organised by either the schools in their District or conducted by their local WAFL Club will compete for the Freo Dockers Shield. In both cases these carnivals will be supported by the WA Football Commission and their local WAFL Club. Although the Freo Dockers Shield is targeted primarily towards males in upper primary, female participants are welcome.



Freo House Footy is an intra-school competition ideal for PE/sport lessons or a lunch-time competition. Intended for secondary schools, Freo House Footy is unique in that its structure is flexible to each school's specific needs. While the rules provided are based upon AFL9s, they can be modified or derived from your students also, making it a fun and inclusive event in your school calendar!

To read more about these competitions and to register your school's interest, please go to <http://www.wafootball.com.au/> and click on the schools tab.





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