



2016 FREO SKILLS 4 SCHOOLS



FREMANTLE
DOCKERS



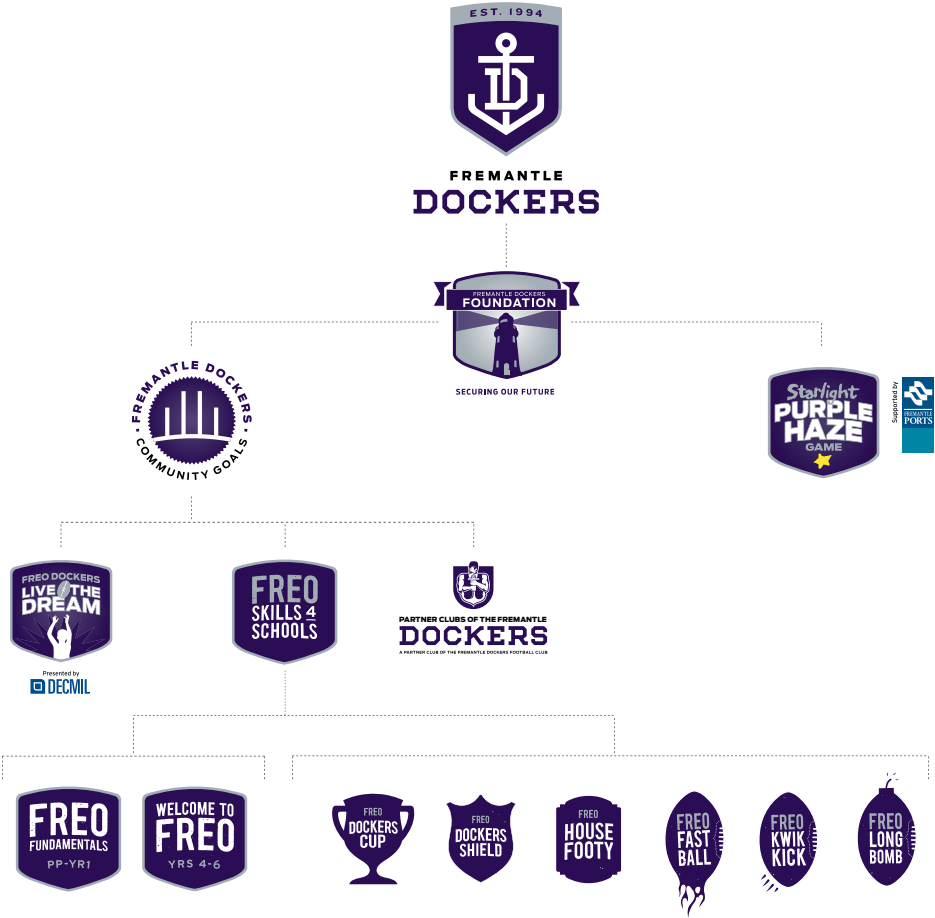
PROGRAMMED



woodside

Proud Major Sponsors

COMMUNITY GOALS PROGRAMS, COMPETITIONS & SPECIAL EVENTS FAMILY TREE



Message from Nat Fyfe



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 community gives the club.

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.

Our commitment to the community reached new heights in 2015, with Freo Dockers' players making more than 1000 appearances at various community events and activities as well as having more than 200 schools from around Western Australia take part in at least one Freo Skills 4 Schools activity.

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.

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 I look forward to you being a part of Freo Skills 4 Schools in 2016.

Nat Fyfe

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**

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

HOW TO REGISTER

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



FUNDAMENTALS

PP-YR1

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 and the club mascot, Johnny 'The Doc' Docker.

Freo Fundamentals has been designed to match young students' needs 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

Notre Dame Students 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 the Freo Dockers' players at Fremantle Oval.



FREMANTLE DOCKERS

Sports Development Program

The Fremantle Dockers are proud to continue our partnership with SEDA (Sports Education and Development Australia) for a fourth year in 2016.

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 the 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.





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 introduce and engage female participants to the Fremantle Dockers Football Club and the AFL.
- 4.** To provide students with a rare opportunity as they take part in a football clinic and tour run by Freo players at the Fremantle Dockers Football Club.
- 5.** To promote healthy and active lifestyles by engaging in a practical football session.



PROGRAM OUTLINE

Welcome to Freo is conducted over three weeks in terms one to three for primary school students in Years four to six. A maximum of four classes from each selected school can be accommodated.

In season 2016, the Fremantle Dockers are pleased to offer *Welcome to Freo* at no cost to all participating schools.

SESSION ONE: INTRODUCTION TO THE GAME

A club representative will visit your school and provide an overview of *Welcome to Freo*. This interactive session will include an outline of the three-session program, a DVD presentation and a fun, practical football activity.

Note:
30 – 40 minutes per class

SESSION TWO: THE FREMANTLE EXPERIENCE

Students and teachers are given an opportunity for a first-hand look behind the scenes at the Fremantle Dockers Football Club by club selected players. Students are also taken for a skill development session on Fremantle Oval.

Note:
90-minute session

SESSION THREE: PLAYER VISIT SESSION

Each school has the opportunity to have a Freo Dockers' player conduct an interactive in-class session on one of the following topics:

- Bullying
- Goal Setting
- Healthy Lifestyle
- Leadership
- Social Responsibility

Note:
20 – 30 minutes per class

PURPLE HAZE PARTIES



Supported by



Create a Purple Haze at your school and WIN!

The annual Starlight Purple Haze Game, proudly supported by Fremantle Ports, is the culmination of fundraising activities aimed to help brighten the lives of seriously ill and hospitalised children in WA.

Schools have the opportunity to host Purple Haze Parties in the lead up to the Starlight Purple Haze Game to help raise money for the Starlight Children's Foundation.

There are many different and creative ways to get your school involved. Your Purple Haze Party can be anything from a purple-themed assembly or morning tea, to a teacher v student's footy match!

Simply hold your fundraiser in the month of March and your school will go into the draw to win a framed Fremantle Dockers Purple Haze jumper signed by 2016 Starlight player ambassadors.

Also the school that raises the most funds for Starlight will win a football clinic run by Fremantle players for up to 100 students.

Be sure to look out for our 2016 Purple Haze fixture.

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 to be held at either Fremantle Oval or Domain Stadium.



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.



