BASKETBALL COMPETITION
The Student Wellbeing committee consists of 11 students who have volunteered their time to promote healthy eating and being active for the whole school. Meetings are held each week to discuss ideas and plan events and activities. Some of the activities they have promoted include regular Healthy lunchbox days, Fresh fruit platters on Fridays, whole school health hustle, sporting clinics and games run by the students themselves, a school Walkathon, equipment for recess and lunchtime play and more recently, organised sport competition at recess and lunchtime play.
The idea was raised at a meeting and two students were responsible for visiting classes and explaining what the competition would look like, depending on the amount of interest generated from students and the number of team nominations. The response was fantastic. There were fourteen teams nominated. There were four Receptions to Year 2 teams, six teams from Years 3 to 5 and four teams from Years 6 and 7. Students organised their own teams with class mates and/or friends from other classes. They even made up their own names for the competition. Teams had to complete a nomination form that included names of players and their class/year level. A draw was made up where all teams played each other once. Points were awarded for a win, draw or loss. Points for and against were calculated should there be even points at the end of the draw. The top two teams played each other in a final game play off.

Wellbeing members were responsible for scoring each game and time keeping. One student from the committee with basketball skills and playing experience assisted with umpiring games. It was a committee decision to have teachers supervise and be responsible for umpiring to eliminate any bias. Not only did this organised basketball competition prove to be very popular with the students, it was also popular with spectator students who would come into the gym to support friends and classmates when they were playing. It was also an opportunity for teams to observe opposition teams and discuss game tactics. The winning teams for each group were announced at assembly. So popular was this organised sport that the Wellbeing Committee are organising another sport for term 4.

Feedback from students and teachers has been very positive. It was an opportunity to introduce limited competition with fair team rules and to encourage getting along with others.

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eat well be active - Primary Schools Project, a joint SA Health and Department for Education and Child Development project from 2008-2013