

Physical Education and Sport

At Iona Presentation College students are offered many different sporting opportunities both during the school day and in the co-curricular program.

Physical Education

The lower school Physical Education (PE) program enables students to participate in a wide range of movement skills and games while providing an opportunity to improve personal fitness levels.

All lower school students have compulsory PE classes each week. Students are assessed in this subject in the following outcomes:

1. Skills for physical activity (including fitness)
2. Knowledge and Understanding
3. Self-Management skills
4. Interpersonal skills

The sports and activities in lower school Physical Education classes have included the following

Aquatics	Fitness	Tennis
Athletics	Hockey	Tough Rugby
Badminton	Rhythmic Gymnastics	Volley Ball
Basketball	Soccer	Water Polo
Cross Country	Softball	

Sport at Iona includes the Inter-school co-curricular sporting program that is run before and after school. This information is all about sport and is to guide you in our selection of sporting endeavours. Students at Iona are encouraged to participate in the College Sporting Program. As different sports are offered each season, ideally students can participate in at least one sport each term.

Being involved in an interschool team will enhance your fitness, physical well-being and enable you to make friends. It will also enable you to experience Ionian spirit in the sporting arena.

Awards for achievement and participation in sport are given and the criteria is stated in the College Diary and in the section on page.... of this booklet.

There are two different sporting competitions at Iona. They are the IGSSA and ACC sporting organizations.

IGSSA Sport

IGSSA stands for the Independent Girls' Schools' Sports Association. There are eight schools and colleges in this association. They include: Iona, Methodist Ladies College; Perth College; Penrhos College; Presbyterian Ladies College; St Hilda's Anglican School for Girls; St Mary's Anglican Girls School and Santa Maria College. All of the IGSSA competitions, except Athletics, Cross-country, and Swimming are held over approximately seven weeks and are organized as a round-robin competition. This enables each school to play every other school once in the competition. There are no finals. Listed below are the sports in the IGSSA competition:

Term One	Term Two	Term Three	Term Four
Swimming	Netball	Athletics	Water Polo
Tennis	Hockey	Basketball	Softball
Volleyball	Cross Country	Soccer	

ACC Sport

The ACC Sporting program involves mainly one-day carnivals. i.e. Athletics, cross country and swimming. ACC stands for Associated and Catholic Colleges of WA and there are many schools and colleges in this association. The ACC Sporting program is also great fun and it provides an opportunity for girls of similar backgrounds and faith. ACC also provide national and international tours for particular sports each year which enable girls to trial and if selected to compete at a more competitive level.