



Sport

Iona Presentation College



Sport and Physical Education

Sport and Physical Education are vital components of the curricular and co-curricular programs at Iona Presentation College.

The College prides itself on its sporting facilities, which include a Sports Centre, Fitness Room and twenty-five metre swimming pool. The College also has extensive use of tennis courts, netball courts and an oval at Iona Presentation Primary School. These facilities allow students to experience a variety of sports, develop their skills and increase their knowledge about their health and fitness.

Physical Education classes are incorporated into the curriculum for students in Years 7 to 10. The girls are taught about the importance of physical activity and are encouraged to develop their movement and game skills.

Physical Education also sees students study the practical and theoretical elements of a variety of sports. These include aquatic activities, athletics, basketball, cricket, hockey, rhythmic gymnastics, soccer, softcrosse, tennis, touch rugby, volleyball and water polo.

All students in Years 11 and 12 participate in Physical Recreation as part of the curriculum. Physical Recreation exposes the girls to a wide variety of activities, which promotes greater confidence in their ability and increases their level of participation to achieve a healthy and active lifestyle.

Physical Recreation activities include aquarobics, beach activities, dance, fit boxing, kayaking, softcrosse, spin cycling and Ultimate Frisbee.





Interschool Sport

Students are encouraged to participate in at least one interschool sports activity per term. They may choose a sport that they have never tried before, or one in which they excel at. All skill levels are catered for at Iona, with several grades available in each sport.

There are eight schools in the IGSSA. They include Iona Presentation College, Methodist Ladies College, Penrhos College, Perth College, Presbyterian Ladies College, St Hilda's Anglican School for Girls, St Mary's Anglican Girls' School and Santa Maria College. All IGSSA competitions, except athletics, cross country and swimming, take place for approximately seven weeks and are organised as round-robin competitions. This enables every school to play each other once in the competition. There are no finals.

Coaching staff include current staff, past students and professional trainers; all who endeavour to assist students reach their full sporting potential.



Iona is currently involved in the following interschool sports:

- Athletics
- Basketball
- Cross Country
- Gymnastics
- Hockey
- Netball
- Sailing
- Soccer
- Softball
- Swimming
- Tennis
- Volleyball
- Water Polo

