



Glen Innes High School
Inter CLaN Sports Competition

Our Proposal

We are a group of enthusiastic Year 9 and 10 students excited to propose a lunchtime sports competition for our school. Our proposal centers around fostering a sense of community, promoting physical activity, and enhancing social interactions among students through a structured inter-CLaN sports competition. We believe this proposal is in the spirit of the SALSA Program and promotes the benefits of physical activity and the principles of inclusivity and promoting whole school wellness.



We propose 3 different games to be included in the competition, to cater to the different interests of students in the school – League Tag, Basketball, and Capture the Flag. We will, though, have a particular emphasis on the game Capture the Flag.

Why Capture the Flag?

Let's delve into the social and health benefits of Capture the Flag with a focus on its inclusivity and the fact that it requires no particular skills or sporting abilities:

Social Benefits:

Inclusivity:

No Specialized Skills Required: Capture the Flag is a game that doesn't demand specialized skills or athletic prowess. It's a game of strategy and teamwork, allowing individuals with varying physical abilities to participate and contribute meaningfully.

Inclusive Team Dynamics: Teams can be formed with a mix of individuals with different strengths, fostering a sense of inclusivity. Everyone has a role to play, and diversity within teams is encouraged.

Communication and Collaboration:

- **Enhanced Teamwork:** Capture the Flag requires effective communication and collaboration. Players learn to work together, share ideas, and strategize, which are essential life skills
- **Building Friendships:** The collaborative nature of the game promotes the development of friendships. Players learn to trust and rely on each other, contributing to a positive social environment.



Physical Activity for All:

Accessible to All Fitness Levels: Unlike some sports that may be intimidating for individuals with lower fitness levels, Capture the Flag allows everyone to participate at their own pace. This inclusivity promotes physical activity among a broader range of students.

Inclusivity and School Culture

Reducing Social Barriers:

- **Equalizer Among Peers:** Capture the Flag serves as an equalizer, reducing social barriers. Students from different backgrounds and abilities can come together, fostering a sense of unity and shared experience.

Positive School Culture:

- **Promoting a Positive Atmosphere:** Inclusivity in sports contributes to a positive school culture. When students feel they can participate regardless of their athletic abilities, it helps create an environment that values diversity and promotes acceptance.

Celebrating Differences:

- **Highlighting Individual Strengths:** Capture the Flag allows individuals to showcase their unique strengths within a team setting. This celebration of differences contributes to a culture where every student feels valued.

In conclusion:

- Capture the Flag not only provides a fun and engaging physical activity but also serves as a powerful tool for promoting inclusivity, teamwork, and positive social interactions within the school community. Its simplicity makes it an accessible and enjoyable game for students of all abilities, contributing to a more vibrant and unified school culture.

Thank you!

