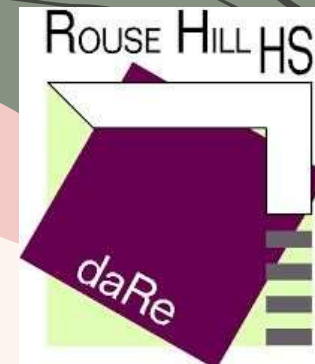




Rouse Hill High School **Action Plan**

School-wide Handball Tournament

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01

What We Did

What was our School Action Plan?

School-Wide Handball Tournament

- we decided to host a handball tournament
- to gain an understanding of student participation
- incorporated all years throughout our lunch and recess,
- allowing students of all stages to participate
- low run cost and quick set up



02

Why We Did It

Why Did Our School Need This?

Lifestyle Issues At School



Too Much Sitting

A disturbingly large percentage of Rouse Hill High School students spend most of their break time sitting which leads to little physical activity.



No Engagement

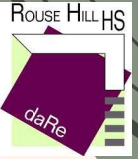
Due to the use of digital devices, lack of school engagement is still very much present as students refuse to leave their inner circles to participate in school activities.

03

How We Did It

How Did We Address These Issues?

How Our Action Plan Operated



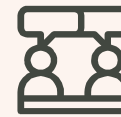
Advertisement

- posters around the school
 - a announcement on our school notice site.



Registration

- On a google form:
- their full name
 - their grade



Participation

- Tremendous amount of students express interest
- better plan the tournament
- sufficient space for all students.

04

How it went

How Did It Go On The Day?

School Engagement

- The Handball Tournament was even better than what we expected.
- Many students came to watch the games
- Revealed a whole new side of our school's students who were seriously participating in school events.
- This was able to happen because of both teachers and students
- Several teachers would participate in the tournament



Leader's Experiences with the Group



Year 7

The Year 7s came in with a lot of energy and were ready to play straight away. They had a good attitude and listened to the referees verdict, making it a good match.



Year 8

Despite Year 8 being the biggest year group their match ran very well. All students played fairly and listened to whatever call the referee made allowing for a fun match.



Year 9

Year 9 brought out the most competitive side of handball, engaging with a handful of participants during the game with many to join.



Year 10

The year 10s ended up playing the most round out of every year. Not only did they show great sportsmanship but, they had a very positive attitude to every game.

05

Improvements

How can we improve for next time?

For next time

- Less demanding scoring to not slow down the speed of the games
- Investing in higher quality courts for people to play handball more often and host more competitions such as this one
- Having more SALSA mentors/volunteers assisting the competition so things run more smoothly and keep better track of the points.

06

Next Steps

What will be the next steps in the future?

Further plans

- We plan to deliver more frequent events relating to the handball competition.
- We will focus on other sports such as basketball, soccer, oztag, netball, frisbee, etc
 - Incorporating teachers in these events, would build more moral and engagement
 - This will serve as a breakpoint for the school's development
- We also hope for our new SALSA leaders to carry on these effects for future changes to the school !!