Dear Parent/Guardian,

In accordance with the NSW Department of Education, Sport and Physical Activity policy, schools are required to include 80-120 minutes per week of planned physical activity for all students of Years 7-10.

At Georges River College Peakhurst Campus, compulsory school sport begins every Wednesday at 12.45pm and concludes at 2.30pm.

A variety of sports are available for students in both a competitive and recreational format. GRC Peakhurst combines with 18 schools to form the St George Secondary Schools Zone where students represent their school through age based graded sports teams and competing against the participating zone schools in a weekly draw format.

Recreational sport is provided to allow for enhanced physical fitness and the development of personal movement skills in a non competitive environment. Many of these sports are run by external instructors with expertise in specific areas.

Students must select:
- One summer sport- term 1 & 4
- One winter sport- term 2 & 3

Once a decision has been made, students must stay enrolled in their chosen sport for the duration of the season.

Please read through the list of sports provided with your son/daughter before signing consent for your child to participate in that sport. Please note some sports require a financial commitment in order to participate and your son/daughter will not be enrolled until payment is received.

Rob Miller
PD/H/PE and Sports Organiser
Georges River College Peakhurst Campus