

# SPORTING Schools OzSquash

## WHAT IS IT?

In the Sporting Schools setting, the OzSquash programme consists of four or five ACHPER approved 45 minutes to one hour lessons that can easily be conducted by a local squash coach, and/or PE/generalist classroom teacher as part of the school curriculum

The Programme Principles include:

- Each lesson has a specific objective and outlines key focus points
- Lessons will follow the 'Playing for Life' approach comprising start out, get into it and finish up components
- Activities encourage co-operative play over competitiveness (or winning)
- Participants are gradually progressed from fixed to shared court activities as their spatial awareness develops
- The rebound nature of the sport is experienced as often as possible via a range of activities
- Set up time is minimal and equipment is interchangeable depending on available resources

## HOW CAN MY SCHOOL BE INVOLVED?

Register your school online, apply for funding and request a program today , visit website::

[www.sportingschools.gov.au](http://www.sportingschools.gov.au)

