

# ▶ 2024 FREO SKILLS 4 SCHOOLS



Proud Major Partners

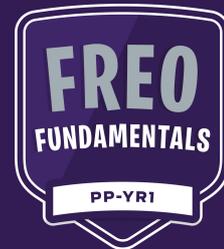


FREMANTLE  
DOCKERS



## HOW TO REGISTER

Our Freo Skills 4 Schools program includes a range of exciting and innovative activities for primary school students. Read through the booklet and select the programs most appropriate to your school's needs.



Term 1  
Four Sessions



Term 1, 2, 3 & 4  
Four Sessions



Term 1, 2, 3 & 4  
Four Sessions



Term 2 & 3  
Six Sessions

Please remember completed booking forms will not guarantee placement in the program and early lodgment of booking forms is encouraged to avoid disappointment.

If you require assistance please email [aine.tighe@fremantlefc.com.au](mailto:aine.tighe@fremantlefc.com.au)

Scan the  
QR Code to  
register:





The Fremantle Dockers, in conjunction with the University of Notre Dame Australia, conducts Freo Fundamentals in selected lower primary schools throughout Perth.

Freo Fundamentals, with its emphasis on fun and enjoyment, introduces simple play activities designed to fit into outdoor play sessions that promote fundamental movement skills including agility, balance and coordination. Students will be introduced to fundamental movement skills through a structured learning program conducted by students from the University of Notre Dame and FFC staff.

Freo Fundamentals has been designed to match the needs of young students and develop competency in fundamental play skills within WA Curriculum Framework Outcomes.

### **PROGRAM OUTLINE**

Freo Fundamentals is conducted over four sessions in term one for students in Pre Primary and Year 1 with a maximum of four classes from each participating school.

### **SESSIONS 1 - 3**

Fremantle Dockers staff conduct a 30/45 minute fundamental movement session at your school, based on the curriculum framework outcomes, for three consecutive weeks.

### **SESSION 4**

All schools involved in Freo Fundamentals will receive an invitation to an exclusive Fremantle Dockers Gala Day. The Gala Day will allow students the opportunity to develop their football skills with Fremantle Dockers players at our home base at Cockburn ARC on Wednesday March 27th 2024.

In 2024, the Fremantle Dockers are pleased to offer Freo Fundamentals at no cost to all participating schools.





The Fremantle Dockers Let's Go Freo program is designed to utilise Fremantle Dockers AFL Women's players to encourage and assist students in making informed decisions for a healthy lifestyle.

The program's objective is to assist teachers in delivering Australian curriculum content on the topics of healthy eating, physical activity and wellbeing.

Students get the opportunity to learn from our AFL Women's players in the classroom through interactive digital content and classroom-based activities and also meet select players during the practical skill sessions where they can have a kick with some of their favourite AFL Women's players.

## TESTIMONIAL

"This program is easy to follow, supports our health curriculum and using the players makes it relative, real and relatable. It's fantastic! Having some of the players come out to the school to follow up the in class activities was the icing on the cake. Thank you!"



**WEMBLEY**  
Primary School

In 2024, the Fremantle Dockers are pleased to offer Let's Go Freo at no cost to all participating schools.



## PROGRAM OUTLINE

Let's Go Freo is conducted over four sessions across terms one, two, three or four. The Fremantle Dockers provide teachers with educational resources to deliver sessions one to three at your school.

Session four will involve a player led clinic delivered by select Fremantle Dockers AFL Women's players at your school.

### **SESSION 1: LET'S BE HEALTHY\***

Fremantle Dockers AFL Women's players will help students to explore the five food groups to understand how healthy food and hydration can influence and improve their health and wellbeing.

### **SESSION 2: LET'S BE ACTIVE\***

Fremantle Dockers AFL Women's players will help students to explore the benefits and effects of physical activity on their bodies and how much time they should spend being physically active each day.

### **SESSION 3: LET'S BE WELL\***

Fremantle Dockers AFL Women's players will help students to explore the importance of wellbeing and the positive impact that sleep, mindfulness and positive leisure activities can have on building a healthy balanced lifestyle.

### **SESSION 4: LET'S GO FREO**

Select Fremantle Dockers AFL Women's players will visit your school to run a fun football clinic and give students the opportunity to showcase what they have learnt over the course of the program.

*\* Teacher Delivered*





The Fremantle Dockers Welcome To Freo program is designed to utilise Fremantle Dockers AFL Men's players as role models to encourage and assist students in developing as resilient, respectful and responsible young people.

The program's objective is to assist teachers in delivering Australian curriculum content on the topics of resilience, respect and encouraging students to be good role models within their school and community.

Students get the opportunity to learn from our AFL Men's players in the classroom through interactive digital content and classroom-based activities and also meet select players during the practical skill sessions where they can have a kick with some of their favourite AFL players.

## TESTIMONIAL

"Thank you very much for your time at Hollywood Primary School. Our students loved the classroom sessions and especially enjoyed the very engaging and fun skills session. The players were brilliant with the students, so engaging, positive and fun."



**HOLLYWOOD**  
PRIMARY SCHOOL

In 2024, the Fremantle Dockers are pleased to offer Welcome To Freo at no cost to all participating schools.



## PROGRAM OUTLINE

Welcome to Freo is conducted over four sessions in terms one, two, three and four for primary school students in Years 4-6.

The Fremantle Dockers provide teachers with educational resources to deliver sessions one to three at your school on the important topics of resilience, respect and role models.

Session four will involve a player led clinic delivered by select Fremantle Dockers selected AFL Men's players at your school.

### **SESSION 1: RESILIENCE\***

Fremantle Dockers AFL players will help students build an understanding of what resilience is and how positive thoughts, feelings and actions can help to overcome challenges.

### **SESSION 2: RESPECT\***

Fremantle Dockers AFL players will help students explore the concept of respect, identifying and describing behaviours that demonstrate respect and why they are important.

### **SESSION 3: ROLE MODELS\***

Fremantle Dockers AFL players will help students learn about positive role models, the qualities they possess and why they are important.

### **SESSION 4: PLAYER VISIT\*\***

Select Fremantle Dockers AFL players will visit your school to run a fun football clinic giving students the opportunity to showcase what they have learnt over the course of the program.

*\*Teacher Delivered*

*\*\* Subject to player availability*





The Fremantle Dockers We Are Freo program was established to use Australian Rules Football as a vehicle that encourages community strengthening and inclusion within the wider Australian community.

The program's objective is to provide AFL football opportunities and pathways for students in schools across the state with large multicultural populations.

The program combines interactive classroom-based activities, online content and practical skill sessions to help students build an understanding of the key skills, rules and language used in the game of AFL.

## TESTIMONIAL

"It is a wonderful program to be part of, our kids enjoyed every moment of it. Being part of the program allowed the students to confidently build their skills and knowledge of the game and this showed in the last session where they took part in games and in the Gala day. The Gala day itself was amazing! I loved how inclusive it was especially the showcasing of the cultural tables."



AUSTRALIAN  
ISLAMIC COLLEGE

In 2024, the Fremantle Dockers are pleased to offer We Are Freo at no cost to all participating schools.



## PROGRAM OUTLINE

We Are Freo is conducted over six sessions in terms two and three for primary school students in Years 5 and 6 at schools with a high multicultural student population.

### SESSION 1\*

Teacher to deliver in class via online platform. Introduce the program and build excitement and anticipation for AFL.

### SESSION 2

Fremantle Dockers staff deliver a practical session at your school, introducing the basic skills of AFL in a fun and engaging manner.

### SESSION 3

Fremantle Dockers staff deliver an interactive classroom - based session at your school. The focus of this session is to develop an understanding of some of the terminology, positions, roles and rules of AFL.

### SESSION 4\*

Teacher to deliver in class via online platform. Reinforce the learning of skills, terminology, positions, roles and rules and build connection with Fremantle Dockers players who come from different multicultural backgrounds.

### SESSION 5

Fremantle Dockers staff deliver a practical session at your school. Aim to reinforce learning of skills, terminology, positions, roles and rules of AFL on field.

### SESSION 6

Intraschool Tournament, students compete in an AFL game with modified rules allowing them to showcase their knowledge and understanding of the game.

### *Culminating Event - Gala Day and Cultural Celebration*

Students take part in our We Are Freo Gala Day at Fremantle Dockers HQ where they get to take part in a cultural celebration event whilst playing modified AFL games.



\*Teacher delivered



## FREMANTLE DOCKERS SPORTS DEVELOPMENT PROGRAM

The Fremantle Dockers are proud to continue their partnership with SEDA (Sports Education and Development Australia) for an eleventh year in 2024.

The Fremantle Dockers Sports Development program is a joint initiative between SEDA and the Fremantle Dockers, specifically for Year 11/12 students interested in a career in sport and recreation or other similar industries.

Fremantle Dockers SEDA students gain hands on experience in areas of the sports industry while also providing them with formal education qualifications.

### PROGRAM OUTLINE

Fremantle Dockers SEDA group deliver a modified version of Freo Fundamentals for students in Years 1-6 over a three-week period. Through the delivery of this program younger children learn fundamental motor, communication and social skills via basic activities and games.

### SEDA

School clinics involve approximately 20-25 SEDA students conducting clinics with classes of up to 30 participants. A maximum of six classes from each school can be booked. There is no cost involved in the Fremantle Dockers SEDA programs. To register your interest, please email:

[info@seda.wa.edu.au](mailto:info@seda.wa.edu.au) or call

(08) 94866230.



FOOTBALL COMMISSION INC.

## WAFC Partnered Programs



### FREO FOOTY SKILLS

Freo Fast Ball, Freo Kwik Kick and Freo Long Bomb are curriculum-based football activities that give students another platform to develop their skills.



By registering teachers are provided with educational and promotional resources including footballs, skills guides and lesson plans to assist in their implementation of these competitions.

## FREO DOCKERS CUP

The Freo Dockers Cup is an interschool competition for female students in Years 5 and 6. The competition is played either as a one day Lightning Carnival or a weekly round robin format. The modified rules allow for maximum participation, enjoyment and skill development.



## FREO DOCKERS SHIELD

The West Australian Football Commission will support and resource winter sports carnivals (conducted in regions or divisions as per swimming/athletics carnivals) where football is played via the Freo Dockers Shield. Games are played under AFL Junior rules with an emphasis on participation, enjoyment and skill development.



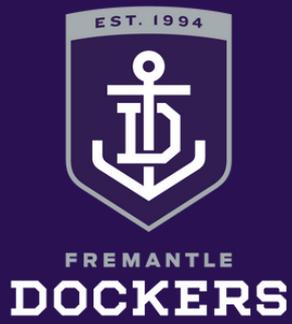
## FREO HOUSE FOOTY

Freo house footy is a modified game (AFL 9's) that can be played as a male, female or mixed competition for students in Years 7-12 during any school term or incorporated as part of your AFL physical education program.



If you require any further information or would like to register for the above programs please visit [wafc.com.au/schools/programs](http://wafc.com.au/schools/programs) or contact your WAFC Development Officer.





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