

MASH Scholarships

Scholarships are open to all students who are in the MASH programs at Newton Moore Senior High School. Currently sponsored by Cricket South West, these scholarships are awarded annually to two students in each Year 7, 8, 9 and 10 MASH class. These students must demonstrate outstanding sporting ability and sound academic performance. Scholarship winners will receive \$100 to be paid towards MASH fees, MASH excursion fees, Country Week and/or MASH uniforms. These awards will be presented at the final school assembly.



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High Performance Sports Programs

Year 7-12



Department of Education

High Performance Sporting Programs

Moore Academy of Sport and Health

The Moore Academy of Sport and Health (MASH) programs offer talented sportspersons the opportunity to combine elite coaching and competition with a highly regarded academic program. The Academy offers High Performance Sporting Programs in Sports Development and Basketball.



Students from all over Western Australia and Australia are eligible to trial for selection in the comprehensive programs designed to enhance the student's skills, knowledge and abilities in a range of sporting contexts, whilst providing a supportive and stimulating learning environment which recognises the needs of talented athletes.

Students in the MASH programs are expected to represent Newton Moore Senior High School in all school and interschool events, and encouraged to participate in Community events.



High Performance Sports Development

This program aims to stimulate and enhance students sporting development in a variety of sporting fields. Students will participate in the program for a minimum of four hours per week. This time is allocated to three hours of practical sessions, and a one hour theory session. The MASH High Performance sports program is about much more than physical education and talent in sport. Embedded in the program are the values of teamwork, leadership, strategic thinking, decision making, self-esteem, fair play and maintaining a positive relationship with our community.

The aim of our MASH programs is to enhance and support our students in their sporting journey, providing them with opportunity to practice various skills and strategies, develop understandings of coaching and officiating, whilst also respecting their environment, resources and peers.

Sport has always been a vital part of the traditions and values of Newton Moore Senior High School. The inspiring and stimulating environment, with a history of success is the cornerstone of the program. The Physical Education staff are passionate and committed to the development of students, encouraging them to set and achieve their goals. We aim to empower, challenge and motivate our students, inspiring them to lead a healthy and active lifestyle throughout their lives.

Year 7 MASH

The Year 7 MASH program has a focus on technique, strategic thinking and communication. Learning activities are structured to further develop each student's strengths and weaknesses in a range of sporting contexts. Practical sessions include Surf Life Saving, Athletics, Cross Country, Athletic Development, as well as a range of Invasion, Striking and, Net and Wall sports. Theory sessions aim at educating students about the training and recovery principles required to effectively participate in physical pursuits. Topics such as the Skeletal and Muscular system, Nutrition, Stretching and Recovery are some of the important content students will be immersed in.

The Year 7 MASH program also includes a day excursion to a high ropes course.

Year 8 MASH

The Year 8 MASH program focuses on developing a student's ability to maintain technique and skill in a range of sporting activities. With communication and leadership skills being applied in all learning activities, students are encouraged to challenge themselves in experiences which test and motivate them to achieve. Practical sessions include Triathlon, Athletic Development, Cross Country, Athletics, as well as a range of Invasion and Striking sports such as Netball, Soccer, AFL 9's and Cricket. Theory sessions have been designed to further develop students' understandings of the Skeletal and Muscular Systems, Injury Prevention, Training Methods and the components of a Healthy Lifestyle.

The Year 8 MASH program also includes a 3 day Leadership camp to the South West region.

Year 9 MASH

The Year 9 MASH program aims to build on student's skills and abilities developed in a variety of sporting contexts. Refining technique, building leadership, and developing communication and organisation skills, are crucial components to the program. Students are immersed in learning activities which aim to challenge students, on and off the sporting field. Practical sessions such as Body Boarding, Volleyball and Hockey have been selected to expose students to sports they may not have experienced before. Athletic Development, Athletics and Cross Country are also integrated into the program ensuring students can develop the components of fitness required to effectively participate. Theory sessions have been developed to educate students about Goal setting and coaching, Training Principles and Methods, Body Systems, and a Running Analysis.

The Year 9 MASH program also includes a Body Boarding excursion.



Year 10 MASH

The Year 10 MASH program has a focus on refining the skills, knowledge and understandings that the student has learnt over the course of their involvement in the MASH program. Building fitness, maintaining technique and integrating strategy and tactics into various sporting contexts are important components within the course. Practical sessions include Athletic Development, Cross Country, Athletics, Surfing, Underwater Hockey and Netball. Theory sessions aim to build on information covered in previous years. Topics include goal setting, Body Systems, Training Principles and Coaching, as well as Exercise Physiology.

Theoretical components in the Year 10 MASH program help to prepare students for Physical Education Studies courses in Year 11 and 12.

The Year 10 MASH program also includes an optional 5 day Melbourne Trip.