

HPGE AT DTHS

HPGE at DTHS Physical



BLACKTOWN INTERNATIONAL CENTRE OF TRAINING EXCELLENCE

Blacktown International Training Centre of Excellence is a facility where our HPGE Physical students can participate in a variety of high-performance tests including VO2max, Lactate and Wingate. They will also be exposed to an environmental chamber and gait analysis to further improve their athletic performance. This opportunity will also involve workshops on nutrition, recovery, and optimal training methods to maximise our students' understanding of what it takes to reach an elite level in the sporting arena. This excursion is open to all HPGE Physical Domain students and is held yearly.



RISE & CONQUER CROSSFIT

Rise & Conquer CrossFit is a local gym that we have partnered with to provide our students with opportunities to learn how to train properly for their chosen sport. The coaches at Rise & Conquer empower our students to learn and try new skills, to push their limits in a controlled setting, and to demonstrate resilience and teamwork. This excursion occurs every term and is open to HPGE Physical Domain students from Years 9-12.



RUN BEYOND PROJECT

The Run Beyond Project uses running as a medium to empower high school students in need. Targeted at students with athletic potential and a growth mindset, this 10-week program prepares participants for a 10km goal race. The program, which involves a theoretical component as well as training for the Goal Race, teaches participants how to set goals; provides a framework for modelling commitment to these; and develops strategies to be resilient when obstacles to the attainment of these goals arise.



AFTER-SCHOOL GYM PROGRAM

This initiative runs weekly and is open for all students. The gym program provides students the opportunity to attend extra training sessions accompanied by PDHPE teachers who are invested in providing a space for students to grow their capacity to develop their own athletic performance. Students learn about training techniques, developing programs and technique in order to support their sporting goals.



REPRESENTATIVE SPORTS PATHWAYS

An extensive process that encourages the participation in and progression through a multitude of different sporting pathways on a representative level. This targets students of all grades, pending previous experience, talent and commitment to their sport of choice. Targeted support for students with a disability is provided, seeing students attend National sporting events, heavily supported by a range of staff. Most require trials or competition-based access, leading to Zone Participation, Sydney West selection, CHS selection, and National opportunities.