



Sport, Creative and Performing Arts and Extra Curricular Opportunities at Wheeler Heights Public School 2025



Creative and Performing Arts and Sport at our School

At Wheeler Heights Public School (WHPS), we are committed to providing a diverse and inclusive extracurricular program that enhances learning beyond the classroom. Our engaging opportunities in Creative and Performing Arts (CAPA) and sports encourage students to explore their interests, develop new skills and forge connections with peers. Our programs are thoughtfully designed to be inclusive, supportive and enriching, ensuring that every student has the opportunity to shine, build confidence, and engage in activities they are passionate about. This document outlines the curricular and extracurricular activities available to WHPS students in grades K-6.



Beyond the curriculum-based learning opportunities, the school provides a variety of extracurricular activities that operate on a 'user-pay' basis. This means that families of participating students are required to cover the associated costs. Entry into certain groups or teams may be contingent upon auditions or trials.

Sport at WHPS

Sport plays a crucial role in primary education at Wheeler Heights. It is integral to the holistic development of our students by fostering physical, social, emotional and cognitive growth. Some of its key benefits are listed below. Physical Education is part of the Personal Development Health and Physical Education curriculum and all students take part in a minimum of 150 minutes of physical education each week.

Physical Development: Engaging in sports helps children develop their motor skills, coordination, and overall physical health. It encourages active lifestyles, which are essential for combating obesity and promoting fitness.

Social Skills: Team sports foster collaboration, communication and teamwork among peers. Children learn how to work together towards a common goal, building friendships and social networks.

Emotional Wellbeing: Participation in sports can boost self-esteem and confidence. It provides a constructive outlet for stress and helps children manage emotions, contributing to their overall mental health.

Discipline and Resilience: Sports teach children about discipline, goal-setting and the importance of practice. They learn to handle both success and failure, developing resilience that can benefit them in other areas of life.

Cognitive Benefits: Regular physical activity has been linked to improved concentration, memory, and classroom behaviour. Active children often perform better academically as a result of the physical and mental engagement that sports provide.

As a result of this, WHPS students are encouraged to participate in a number of different ways. From local sports competitions, external providers and school, zone and district carnivals and competitions, Wheeler Heights students are able to participate and trial for a wide range of sporting activities.

PSSA (extra-curricular/user pay)

Wheeler Heights participates in weekly competition against the other eight schools in the Pittwater Network. Students in Years 3-6 are invited to trial for a range of summer and winter sports as listed below. Students are given the opportunity to trial for two sports and indicate their first and second preference. They attend two trials, one during school time and one before school where two or more coaches assess their skills and decide who to place on the team. Students who are turning 8 - 10 in that calendar year are classed as juniors with students turning 11 and over classed as seniors.



Coaches run weekly training sessions before school for the students to attend and we play each school once during the season. If the school is successful and finishes as champions, they receive a patch for their efforts.

Summer PPSSA - Terms 1, 3 & 4:

Girls and Boys T-Ball (Juniors)
Girls and Boys Softball (Seniors)
Girls and Boys Cricket (Years 3 - 6)
Girls and Boys Eagle Tag (Years 3 - 6)

Winter PPSSA - Terms 2 & 3:

Girls and Boys Soccer (Years 3 - 6)
Mixed Netball (Years 3 - 6)
Mixed AFL (Years 3 - 6)
Mixed Blues Tag (Years 3 - 6)



WHPS Carnivals

Wheeler Heights puts on three carnivals during the course of the school year which students can participate in. They are:

- Swimming Carnival (Term 1*)
- Cross Country Carnival (Term 2*)
- Athletics Carnival (Term 3*)

*Dates can change year to year.

From these carnivals students finishing in the top positions are able to qualify for Zone, District, State and National Finals based on their performances.

Swimming Carnival - The Wheeler Heights Swimming Carnival is available for all students who are turning 8 years and over in the year of the carnival. It is traditionally held at Manly Andrew Boy Charlton Pool. There are a variety of races that they can participate in which parents can sign them up for through a Google Form. If students finish in the top 2 fastest times for their age group they are able to advance to Zone, District, State and National Finals. We are proud that in recent history we have had national champions in butterfly and freestyle.





Cross Country Carnival - The Wheeler Heights Carnival is held at Collaroy Plateau Park (Vic Huxley Oval) and students run around the perimeter of the venue. There are 8 different races depending on the students' age and gender. Our younger students 8 - 10 years run 2km and our older students 11 - 13 years run 3km. Students finishing in the top 6 are able to advance to Zone, District, State and National Finals having to finish in the top 6 positions to qualify in each round. This year we had two students qualify for State finals. Our K-1 students also participate in a modified cross country carnival at the school.

Athletics Carnival - The Wheeler Heights Athletics Carnival is held at the Sydney Academy of Sport. Students can participate in a variety of different races from 100m all the way up to 1500m. They can also engage in field events such as shotput, long jump and high jump. For all events other than the 100m, students are split into three age groups: Junior (8-10), 11 years and Senior (12-13). In the 100m they run against students born in the same year. Students finishing in the top 2-3 positions are able to advance to Zone, District and State Finals. Our K-2 Athletics Carnival happens towards the end of Term 3 and features a variety of novelty events and sprint races.



Representative Sport

Wheeler Heights is part of the Pittwater PSSA Zone which is part of the Sydney North Zone within NSW. Representative trials are for students in Years 4 - 6 who excel in a particular sport. They must have several years of club/representative experience. We are only allowed to send 2-3 students for each sport. Successful students must be able to commit to training and future trial sessions. Some sports require several trials before making a regional or state team. For example, cricket has a Pittwater zone trial followed by a Sub-regional trial (Manly, Pittwater, Warringah, North Shore zones) before having the Sydney North trial.

Parents are encouraged to email the school if your child is interested in trialling for Pittwater Zone/Sydney North teams. Please remember that these trials are very competitive and of a very high standard. You will need to include details of your child's ability (years' experience and representative teams). Notes will be sent home to students selected to trial.

NSWPSSA State Cup

The state primary school knockout competitions for NSW Public Schools are run and managed by the NSW Primary Schools Sports Association (NSWPSSA). WHPS often enters teams into competitions when we have a highly competitive PSSA side. In 2024, our girls finished third in the state for soccer, eighth in the state for Softball and lost to the eventual winners of the cricket in the Sydney North final.



Home Sport

When 3-6 students are out on a Friday afternoon in PSSA competition, many students participate in Home Sport back at school. During these rotational activities, our skilled teachers help students practise a variety of different skills that could be used in sports games, helping our students to further develop their athletic potential.

Keeping Up To Date

If you would like further information about sport at the school, zone, region or state level, please use the following apps/websites:

WHPS Sport – Schoolbytes app, school website and school newsletter.

Pittwater Zone Sport – Team app. Sign up to the website/app and search for 'Pittwater PSSA' https://www.teamapp.com/?_detail=v1

Sydney North PSSA – Website <https://app.education.nsw.gov.au/sport/SydneyNorth>

NSW PSSA – Website <https://app.education.nsw.gov.au/sport/NSWPSSA>

Creative and Performing Arts at WHPS

At our school, students have regular opportunities to express themselves through visual arts, dance and music as part of the Creative and Performing Arts curriculum. This comprehensive approach allows students to engage deeply with their creative instincts, encouraging them to explore their identities and emotions through various artistic mediums. By participating in structured activities and projects, students not only develop their artistic skills but also learn to collaborate with peers, appreciate diverse perspectives, and build confidence in their abilities. This commitment to the arts enriches the overall educational experience, ensuring that every student has the chance to find their voice and share their creativity within a supportive environment.

Extra-curricular opportunities

Band

The WHPS Band Program is operated by the schools Parent and Citizens Association (P&C) and is a user-pay option. The band is open to all students from Years 3-6 and provides students with the opportunity to learn an instrument, play as part of an ensemble and perform at exciting events throughout the year. With no prior experience needed, this program is ideal for any child keen to try something new and be part of a supportive musical community.

Students rehearse twice a week at school and perform at a range of events including school assemblies, community festivals and regional competitions such as the Northern Beaches Eisteddfod and the North Shore Primary School Festival. Our Jazz Band has even performed at the iconic Manly Jazz Festival! In addition to school rehearsals, students must commit to weekly private lessons with a music tutor. These sessions are organised by and paid for by parents/carers. Our band committee can assist with providing names of tutors.

We proudly offer four ensembles to cater for all experience levels:

- Training Band: Beginners (no experience required)
- Intermediate Band: players with 2+ years experience
- Senior Band: Advanced musicians
- Jazz Band: Extension group for Intermediate and Senior Band members

Band fosters confidence, discipline and a love of music. Students are matched to an instrument that suits their physical and developmental readiness and all are encouraged to get involved regardless of experience.

Instruments offered include:

Flute, Clarinet, Saxophone, Trumpet, Trombone, Baritone, French Horn, Drums, Keyboard and Bass Guitar.

More information on how your child can discover the joy of music and the thrill of performing with the WHPS band is on our [Band Information Page](#).

Dance

The 2025 WHPS extra-curricular (user-pay) Dance program offers students in Years 3–6 the opportunity to develop their skills and perform as part of a dynamic and professional experience. Run in partnership with a professional choreographer, our dance teams rehearse regularly and perform at a range of prestigious events throughout the year.

Students have the chance to showcase their talent at three eisteddfods, including a performance at the iconic Sydney Opera House. In addition, two of our groups take part in the Sydney North Dance Festival, at the Glen Street Theatre. There are also a number of other performance opportunities including, the Wheeler Spectacular, open-mornings and community events. These high-profile opportunities celebrate student achievement and foster confidence, discipline, and creativity.



Dance team auditions are held during lunchtimes at school and team selection is made by the choreographer based on skill, commitment and potential. We proudly offer three inclusive teams:

- Junior Dance – Years 3–4
- Senior Dance – Years 5–6
- Junior Boys Dance – Years 3–4
- Senior Boys Dance - Year 5-6
- Combined Juniors/Seniors

All students are encouraged to try out and we are committed to creating a supportive, energetic environment where young dancers can thrive.

Stage 1 Dance (Years 1–2)

Our Stage 1 Dance program is a fun and inclusive lunchtime club where students in Years 1 and 2 can explore movement through jazz and hip-hop styles. Open to all students with no auditions required, this is a fantastic opportunity to build confidence, coordination and creativity in a relaxed and supportive setting.



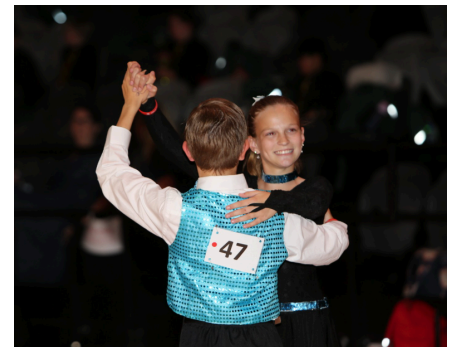
In 2025, we are proud to offer three vibrant groups:

- Year 1 Jazz
- Year 2 Jazz
- Year 1 & 2 Boys Hip Hop

Students meet once a week during lunch to learn exciting routines, which they proudly perform at the Wheeler Spectacular in Term 3. All students are welcome to join the fun and discover the joy of dance!

DanceSport Confidence

In Year 5, students take part in a 15 week wellbeing program called 'My Best Self'. This user-pay program provides students with the essential experience of developing a strong foundation of well-being and emotional health, positive social connection using verbal and non-verbal communication and appraising feelings related to facing challenges, changes and others' perspectives. Students undertake weekly tutorials with a professional instructor and learn wellbeing concepts along with a suite of popular dances, including the Cha Cha Cha, Tango, Salsa and Jive. The program culminates in an amazing inter-school competition gala.



Choir

Our years 3–6 Choir offers students the chance to develop their vocal skills, build confidence, and experience the joy of singing as part of a team. No auditions are required — all students are welcome!

The choir rehearses once a week during lunch time and performs at a variety of events throughout the year. Highlights include school assemblies and local community performances at places such as the RSL ANZAC Retirement Village.

The program focuses on developing vocal technique, harmony and performance skills in a fun and supportive environment. Students learn a wide range of repertoire, from traditional pieces to contemporary songs and are encouraged to express themselves through music.

Whether your child is new to singing or already loves to perform, our choir is a fantastic opportunity to grow as a musician and connect with others who share a love of music.

AUSLAN Choir (Years 1 & 2):

Students in Years 1 and 2 have fun learning AUSLAN and bringing a variety of well-known songs to life through expressive signing, movement and music. They also have the exciting opportunity to perform at school events, including our annual *Wheeler Spectacular* Performing Arts Night.

Drama

Our lunchtime Drama Club offers a fun and supportive environment for students in Years 3–6 to build confidence, creativity and teamwork. Through theatre games, improvisation and role-play, students explore a range of dramatic techniques while developing their performance skills. Throughout the year, the group works together to create and rehearse a performance piece to share with our school community at the annual *Wheeler Spectacular* Performing Arts Night. Students may also have the exciting opportunity to participate in the Combined Public Schools Musical Theatre program.

Wheeler Spectacular

The Wheeler Spectacular is Wheeler Heights Public School's annual celebration of the performing and visual arts. This highly anticipated event showcases the talents and dedication of our students across a range of creative disciplines.

Held in the school hall, the evening features performances from all major performing arts groups, including our dance ensembles, choirs, AUSLAN choir and bands. Each group presents a polished and engaging piece, reflecting the hard work of students and staff throughout the year.

In addition to live performances, the event includes a curated exhibition of student artwork from all year levels, transforming the hall into a vibrant and inspiring gallery space.

The Wheeler Spectacular is a proud highlight of our school calendar, bringing families and the wider community together to celebrate the artistic achievements of our students in a supportive and festive environment.

Activities held at WHPS run by External Providers

Several external providers hire WHPS facilities to offer optional extra-curricular activities for students during lunch breaks or after school.

In 2025, activities provided by these organisations include Chess, Art, Keyboard and Guitar. Participation is entirely optional and managed directly by the providers. While these programs are hosted on school grounds, they are not run or endorsed by WHPS.