



Sport and Physical Fitness

Representative Sport

The culture at Frensham is such that representative team sport is central to life for girls in all years. More than 90% of girls – from Years 7 to 12 - elect to represent the School every term within the Independent Girls' Schools Sports Association (IGSSA) competition. Owing to the expansive grounds, Frensham is able to host all round matches 'at home' each Saturday for what is an excellent Sydney-based competition involving up to thirty girls' schools.

Support on the Games Field every Saturday morning, by girls and parents, is a special feature of the week. All boarders in Years 7–12 attend the Games Field for Saturday Games until at least 10.30am, to play and/or in support of team-mates. Frensham's purple, green and white uniforms and spirit of keen, fair competition are renowned within the IGSSA competition. Girls are expected to offer their best effort on and off the field or court and to win or lose with grace.

IGSSA competitions and competitive team sports are organised by term:

TERM 1	TERM 2	TERM 3	TERM 4
<ul style="list-style-type: none">• Tennis• Softball• Swimming	<ul style="list-style-type: none">• Athletics• Cross Country• Basketball• Football• Swimming	<ul style="list-style-type: none">• Athletics• Hockey• Netball• Swimming	<ul style="list-style-type: none">• Gymnastics• Touch• Tennis• Swimming• Water Polo

In addition to IGSSA competitions, Frensham has a Snowsports team and an Equestrian team. These teams represent the School in local, state and national inter-schools events, in all disciplines. There is also the opportunity for girls to represent the School in tournaments beyond school-based programmes.

Riding is scheduled within the co-curricular programme for boarders, across the full year. Girls with their own horses ride at the choice of venue, and lessons are scheduled by the School for those wanting to learn.

Being 'fit for the future' – both mentally and physically – is part of the Frensham culture. Girls train for their particular sports early mornings or after classes, with qualified coaches in attendance. The School's extensive grounds with cross country track, playing fields and courts for tennis, netball, basketball and hockey, together with gymnasium and indoor swimming pool, provide year-round facilities and opportunities readily taken up by students across all years.

Duke of Edinburgh's Award Scheme

At Frensham, the Duke of Edinburgh's Award Scheme forms a core part of the Jamieson Programme, commencing in Year 9, for all students. Cultural, practical and adventurous activities cover four different areas – Service, Expeditions, Skills and Physical Recreation - with the four areas designed to complement each other and provide a balanced programme.

The Physical Recreation section requires the participant to follow a selected activity regularly, while the Expeditions section challenges the Award participants to undertake a venture with a specific purpose in an unfamiliar environment. For example, a bushwalking expedition would involve route finding, navigation, pitching tents, striking camp and all planning tasks related to the venture. These expeditions provide a challenge readily taken up by Frensham girls, many of whom progress to Gold Award by the time they graduate from Year 12.