

2026 Co-curricular Connect Period Handbook

Semester 1 | Thursdays 1.40pm - 2.25pm

Outdoor Education • Leadership & Service • Sport • Music • STEM • Creative, Spoken & Performing Arts



Hills
Grammar





Connect Co-curricular Program

Vision: Extraordinary Education: Growing Minds, Discovering Passions, Nurturing Character.

Within the context of the School's vision, the Co-curricular Program is uniquely placed to offer a wide range of activities catering for a vast array of student interests, talents and needs. The Program aims to make a significant contribution to the overall development of each student.

The central aim of the Program is to broaden the development and interests of each student through the provision of a wide range of purposeful activities in; SPORT, LEADERSHIP and SERVICE, MUSIC, CREATIVE SPOKEN and PERFORMING ARTS, STEM (Science, Technology, Engineering and Mathematics) and OUTDOOR EDUCATION.

Hills Grammar is proud to provide a Co-curricular period every Thursday from 1.40pm – 2.25pm.

It is at this time that your children can engage in their required Co-Curricular activity which fulfils their minimum Co-curricular participation requirements. Beyond this, there are many Co-Curricular opportunities before and after school and on weekends. Please refer to the Co-curricular Outside of Hours Handbook for these activities.

Please note that it is a requirement of the Co-curricular Program that students participate in two DIFFERENT activities each year.

Related aims:

- To foster and develop student leadership
- To encourage and develop co-operation, responsibility, and teamwork
- To provide opportunities for parents, ex- parents, and ex-students to contribute to the School
- To inspire students to strive for excellence in all areas of endeavour
- To provide opportunities for excellence in all areas of endeavour
- To develop a sense of belonging and school spirit
- To establish links with the wider community and develop relations with various groups.
- To provide opportunities for students to achieve success in a wide range of areas
- To further develop pride and a sense of belonging to their school community

I am very excited to present the Co-curricular Program. Take the time to read through the information provided in this booklet. I encourage all students to make the most of your opportunities at Hills Grammar. If you have any questions, please contact the School on 9654 2111.

Mr Yass Sidaros

Director of Co-curricular Programs Pre-K to 12

How to Register

Parents of students in Years 1-4 will be emailed a link to their home email address to make their selections together with their child at home. They will be required to select their first preference and then three reserves in order of priority. We will endeavour to allocate students their preferred activities.

Students in Years 5-12 can select their Co-curricular activity via the link emailed to their student email account. They will be required to select their first preference and then three reserves in order of priority. They will be allocated an activity on a first in basis.

Kindergarten Co-curricular Program

Thursdays 1.40pm-2.25pm

Kindergarten Co-curricular is a set program throughout the year. It is a taster program, giving students the opportunity to try a number of activities across a variety of areas.

These activities are done in class groups and as such **no activity selections need to be made.**

Activities
Tae Kwon Do
Yoga
Craft
Ballet

ACTIVITIES ON OFFER SEMESTER 1 2026 – THURSDAY CONNECT CO-CURRICULAR

		1	2	3	4	5	6	7	8	9	10	11	12
MUSIC	Year Groups												
	Senior School Musical								*	*	*	*	*
	Music Making		*	*									
CREATIVE, SPOKEN & PERFORMING ARTS	All the World's a Stage *NEW*							*	*	*	*	*	*
	Art for Juniors	*	*										
	Art in Action *NEW*							*	*	*	*	*	
	Beginning Sanskrit *NEW*					*	*	*	*	*	*	*	*
	Bush Kids			*	*	*	*						
	Chess Club	*	*	*	*	*	*	*	*	*	*	*	*
	Chess - Competitive			*	*	*	*	*	*	*	*	*	*
	Craft Club	*	*	*	*	*	*						
	Creative Thinking & Problem Solving	*	*	*	*	*	*						
	Debating (Junior) (Semester 1)					*	*						
	Dungeons & Dragons					*	*	*	*	*	*	*	*
	En Plein Air Art					*	*	*	*				
	Express Yourself							*	*	*	*	*	*
	Fiction Fanatics							*	*	*	*	*	*
	Fine Motor Masters	*	*										
	HG Voices							*	*	*	*	*	*
	HG Voices (Creative Writing)					*	*	*	*	*	*	*	*
	Junior Book Club	*	*	*									
	Photography							*	*	*	*	*	*
	Stitch Masters							*	*	*	*	*	*
Theatre Sports							*	*	*	*			
LEADERSHIP & SERVICE	Backgammon Club							*	*	*	*	*	*
	Car Detailing *NEW*									*	*	*	*
	Knitting for a Cause							*	*	*	*	*	*
	Mindfulness, Meditation and Breathwork							*	*	*	*	*	*
STEM	3D Design & Make			*	*								
	Car Club									*	*	*	*
	Coding			*	*	*	*						
	Garden and Chicken Patch Crew *NEW*			*	*	*	*						
	Kids in the Kitchen							*	*				
	Model & Design Lab							*	*	*	*		
	Origami Originals				*	*	*	*	*	*	*	*	*
	Robotics Club *NEW*							*	*	*	*		
	Science Club		*	*	*	*	*	*	*	*	*	*	*
STEM Basics	*	*											
SPORT	5-a-side Soccer			*	*	*	*	*	*	*	*	*	*
	Badminton (Semester 1)							*	*	*	*		
	Basketball									*	*	*	*
	Cricket			*	*	*	*						
	European Handball *NEW*							*	*				
	Girls Fitness							*	*	*	*	*	*
	Golf (Semester 2)							*	*	*	*	*	*
	Gymnastics Club	*	*	*	*								
	Horse Riding			*	*	*	*	*	*	*	*	*	*
	Pickleball									*	*	*	*
	Skills for Sport	*	*										
	Softball (Semester 1)							*	*	*	*	*	*
	Table Tennis					*	*						
	Tennis	*	*	*	*	*	*						
	Touch Football (Semester 2)			*	*	*	*						
Volleyball (Semester 2)							*	*	*	*			



Music

Senior School Musical – *The 25th Annual Putnam County Spelling Bee* 8 | 9 | 10 | 11 | 12

Hills Grammar is proud to present the 2026 Senior School Musical, *The 25th Annual Putnam County Spelling Bee*. Casting for this production was finalised at the end of last year, and the company is now preparing for an exciting season ahead.

Throughout Term 1, cast members will rehearse weekly in the lead-up to evening performances scheduled for March/April. As part of their commitment, students involved in the production will use the Thursday Co-curricular period for rehearsals, in addition to extra sessions held on Monday, Thursday and Friday afternoons. A full rehearsal and performance schedule, including a commitment agreement for all cast and crew members, will be distributed separately.

Backstage crew will follow their own rehearsal and performance schedule and will not be required during the Thursday Co-curricular period.

Although participation for this year's production is now closed, we encourage students who are interested in musical theatre—onstage or behind the scenes—to look out for future opportunities. Auditions and casting usually occur during Term 3, in preparation for the following year's production. The Senior School Musical is a vibrant, collaborative experience, and we welcome new involvement each year.

Music Making

2 | 3

Students will “Make Music”! They will sing, move, and play a broad selection of repertoire using an assortment of instruments. Drawing on a range of sound sources, both electronic and acoustic, they will compose and notate their own original compositions. In addition, students will construct musical instruments from recycled materials.



Creative, Spoken and Performing Arts

All the World's a Stage

7 | 8 | 9 | 10 | 11 | 12

In this activity students from Years 7-12 will work together in the development of the major Senior Play for Semester 1, Romeo and Juliet. Students will be involved in all aspects of production including participation in the production itself. For those students studying Shakespearean text in English, this is an invaluable opportunity to explore Shakespear on the stage.

Art for Juniors

1 | 2

A creative and fun-filled art class tailored specifically for our younger students! This program encourages budding artists to explore their imaginations while experimenting with a variety of materials and techniques.

Art in Action

NEW

7 | 8 | 9 | 10 | 11

Art in Action invites students 7-11 to move beyond the classroom to create artworks for real-world contexts around the school. Working independently or collaboratively in their chosen medium, students respond to site, audience and purpose to produce resolved artworks for public display.

Beginning Sanskrit

NEW

5 | 6 | 7 | 8 | 9 | 10 | 11 | 12

In this Co-curricular, students will learn to read the beautiful Sanskrit script – the ancient language that shaped Hindi, Bhojpuri, Punjabi and many more. Students will explore simple sentences that bring this historic language to life. It's a fun, hands on introduction to one of the world's oldest languages.

Bush Kids

3 | 4 | 5 | 6

Join our fun Co-curricular activity merging creativity with responsibility! Engage in bush art sessions where students express themselves artistically by making artworks and sculptures using natural elements that they have collected from around the campus. Students will also contribute to the school community by participating in campus beautification, fostering a vibrant and eco-friendly learning environment.

Chess Club

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12

Chess is a two-player board game where each player controls an army of pieces and takes turns moving them. The goal is to protect your own King while trying to trap your opponent's King so it cannot escape, a situation called *checkmate*. Chess is easy to learn but can take a lifetime to master.

At Chess Club, students also have the opportunity to play on an iPad (Years 1-2) or their personal school laptop (Years 3-6) using the 'ChessKid' app. They can play a robot or their classmates on the app and learn strategies and skills to improve their game.

Students in the Senior Years 7-12 will engage in Chess matches with their fellow students.

Chess - Competitive

3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12

Members of this group will be **experienced Chess players** and may attend Competitions outside of the Co-Curricular Connect Period time.

Competitive Chess will be run by an experienced Instructor from Sydney Academy of Chess and covers all chess topics, such as chess opening study, checkmate training (or tactics), chess ending game study and practical chess tournaments. There are many benefits from students learning to play chess, including developing logical thinking skills, mathematical calculation skills and decision making.

Craft Club 1-2

1 | 2

Craft Club Years 1 to 2 will focus on basic skills development and fine motor co-ordination. The projects will be determined by the students in consultation with the coordinating teachers.

Craft Club 3-6

3 | 4 | 5 | 6

In Craft Club 3-6 students will create small craft projects that will allow them to create and express themselves in a trusting and supportive environment. These sessions promote and develop student's artistic and creative skills by exploring different materials and techniques. Students will follow step by step instructions to produce these projects, which include painting, drawing, threading, and sewing activities. Students will need to bring their art smock and pencil case, including scissors and glue, to each session.

Creative Thinking and Problem Solving

1 | 2 | 3 | 4 | 5 | 6

Through the use of board games and card games students will be challenged to both think creatively and solve problems. Games such as Scrabble, Chess and card games will be used to engage the students and get them thinking.

Debating (Junior)

5 | 6

Are you interested in learning more about debating and public speaking? Debating isn't just about talking, it's about critical thinking, forming strong arguments and defending your ideas with confidence. Discover the joy of expressing yourself with clarity and conviction.

During the Semester, a selection process of interested students will take place to finalise our Junior IPSHA Debating team. Students selected for the Debating Team will then engage in after school training sessions that will take place one afternoon a week, providing dedicated time for skill development, practice debates and team bonding.

Dungeons & Dragons

5 | 6 | 7 | 8 | 9 | 10 | 11 | 12

Join our new Dungeons & Dragons Co-curricular activity and take part in the classic tabletop role-playing game. You'll create a character, learn the rules, and play through adventures using the official D&D board game. It's a fun and engaging way to build teamwork, think strategically, and enjoy a shared game with others each week. No experience needed!

En Plein-Air Art

5 | 6 | 7 | 8

Students will explore the expressive mediums of drawing and painting 'en plein air' (in the open air). Each week a location will be chosen, within the school grounds that will become the subject matter for our work. There are no prerequisites or prior skills, or abilities needed to attend this class.

Express Yourself

7 | 8 | 9 | 10 | 11 | 12

Students can expand their creative talents in drawing, painting, photography, film, and digital arts through Express Yourself. They will work with staff to plan and develop concepts based on specific competition criteria, managing deadlines and entry restrictions independently. Students can submit artworks to competitions such as The Young Archies (Art Gallery NSW), Orange Blossom Festival (The Hills Shire Council), Operation Art (Bandage Bear Foundation & Department of Education), Junior Tropfest, and more.

Fiction Fanatics

7 | 8 | 9 | 10 | 11 | 12

Welcome to Fiction Fanatics, where the joy of reading meets the thrill of adventure! Our group is dedicated to teenage book lovers who revel in the wonders of fictional worlds. Every Thursday we will dive into captivating stories, discuss mind-blowing plots, and share hearty laughs over our favourite character's antics. From fantasy to sci-fi galaxies, no genre is off-limits. Whether you are a voracious reader or just discovering the magic of books, join us for a literary journey that promises excitement, camaraderie and a whole lot of fun!

could be entered into short film festivals and competitions.

Fine Motor Masters

1 | 2

Fine Motor Masters is a Co-curricular program designed to support students in developing essential fine motor skills through purposeful, play-based activities. It includes tasks such as threading, cutting, manipulating dough, and using tweezers—activities that build strength, coordination, and control in the hands and fingers. These foundational skills are critical for handwriting, self-care tasks, and classroom independence, plus it will be lots of fun!

HG Voices

7 | 8 | 9 | 10 | 11 | 12

Debating and Public Speaking - HG Voices will provide students with a range of activities in both debating and public speaking skills. Learn what is involved both parliamentary, HICES-style debating and UN Voice competitions.

Global Politics – HG Voices is offering students the opportunity to participate in Global Politics. This is where you will learn about the Model United Nations, International treaties and collaborations as well as international relations. You will work collaboratively with the community to increase your skills in advocacy.

HG Voices Creative Writing

5 | 6 | 7 | 8 | 9 | 10 | 11 | 12

CREATIVE WRITING - Are you an avid writer of fiction, poetry or personal essays? Creative Writing will hone your skills, workshop strategies and provide constructive feedback. Students will have the opportunity (not compulsory) to enter into various writing competitions throughout the year.

Junior Book Club

1 | 2 | 3

A fun and engaging club for young readers who love stories! Each week, students will explore picture books through reading and discussion, followed by creative activities inspired by the story. Along the way, students will build early literacy skills, develop a love for reading, and even have the chance to create their very own picture book to share with others. Perfect for curious minds and budding authors!.

Photography

6 | 7 | 8 | 9 | 10 | 11 | 12

This photography class focuses on the basics of capturing and creating images. Students will learn how to operate a camera, understand key settings like aperture, shutter speed, and ISO, and explore techniques for composing visually appealing photos. The Co-curricular covers essential concepts such as proper lighting, framing, and perspective, as well as an introduction to post-processing methods for enhancing images. The class is designed for beginner/amateur photographers and provides a solid foundation in the technical and artistic aspects of photography.

Stitch Masters

7 | 8 | 9 | 10 | 11 | 12

Stitch Masters is a Co-Curricular where students will be able to express themselves through stitching and developing textiles garments and products. Students will learn the basics of hand stitching and machine stitching and develop their newly learnt skills into textiles products that they can use and wear.

Theatre Sports

6 | 7 | 8 | 9

Students will learn how to play a range of theatre sports/drama games. They will learn drama skills and techniques needed to develop interesting improvisations and play games in small groups. At the end of each semester, we will hold a theatre sports competition in which small groups will compete against each other in the games we have learned.



STEM

3D Design & Make

3 | 4

3D Design and Make supports the Design & Technology curriculum and engages students in authentic, real-world problem solving. This Co-curricular develops the student's creativity and problem-solving skills by using 3D software. We want to unleash the student's imagination, build creative confidence, solve problems, share designs, and engage in our safe, positive, online community to promote students Design Thinking skills.

Car Club

9 | 10 | 11 | 12

Car Club is a hands on and learning Co-curricular program designed to engage students with an interest in automotive engineering, design and car culture. The program blends practical activities with the majority of theoretical knowledge, offering students the opportunity to explore topics such as vehicle mechanics, aerodynamics, automotive history and motorsport. Car Club encourages problem solving and creativity, while also using STEM skills to engage students.

Coding Club – Junior

3 | 4 | 5 | 6

Students will learn how to code, working at their own pace and solving challenges that will teach them problem solving and creative thinking skills along the way. No prior coding knowledge is expected or required.

Garden and Chicken Patch Crew

NEW

3 | 4 | 5 | 6

Join us for a hands-on adventure in our brand-new Vegetable and Chicken Patch! Students will help plant, water, and care for a thriving fruit and vegetable garden, while also checking on our resident chickens and collecting fresh eggs from the Chicken Caravan. This Co-curricular offers a wonderful blend of outdoor fun, responsibility, and learning about where our food comes from. Perfect for students who love to explore, nurture, and get their hands a little dirty in the best possible way!

Kids in the Kitchen allows student to prepare a range of tasty dishes. Sessions are designed to build students skills through practical activities where they will learn about different ingredients, how to follow a recipe, measurements, kitchens safety and cleaning up.

Model and Design Lab**7 | 8 | 9 | 10**

Unleash your precision and creativity in this hands-on design workshop. In *Model & Design Lab*, you'll construct detailed model kits—ranging from aircraft and ships to sci-fi robots and vehicles—using plastic scale kits, advanced 3D puzzles, and complex LEGO builds. You'll follow technical instructions, problem-solve in real time, and develop skills in design thinking, engineering principles, and spatial awareness. Whether you're into mechanics, art, or just love the satisfaction of building something from the ground up, this is where imagination meets engineering.

Origami Originals**4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12**

What do pizza boxes, paper bags, and fancy napkins have in common? Well, you might have guessed it – origami. Origami the ancient art of paper folding, is making a comeback. While its deepest roots are in ancient Japan, origami can make an impact in today's education too. This art form engages students and sneakily enhances their skills -- including improved spatial perception and logical and sequential thinking.

Robotics Club**7 | 8 | 9 | 10**

Exciting news: Hills Grammar is launching its first-ever Robotics co-curricular club! We're building a student-led team focused on innovation, teamwork, and mentoring younger students, with the goal of competing at regional and national events. No prior robotics experience is necessary. Just bring your passion, love of a challenge, and eagerness to learn.

To ensure our team's success, we require members to commit for the entire year, giving everyone the time to develop skills, collaborate, and build something truly amazing together. Be part of a legacy, help shape the future, and take your place on the first Hills Grammar competition robotics team.

Science Club - Junior & Intermediate**2 | 3 | 4 | 5 | 6**

The Junior and Intermediate Science Clubs will provide students with an opportunity to explore and delve deeper into questions that are often asked about the way the "world" works by engaging in a range of activities to stimulate their desire to know more.

Senior Science is a dynamic and hands-on Co-curricular for students who want to experience science beyond the limits of the classroom. This program moves away from textbooks, giving students the chance to explore real-world science through creative experiments, practical challenges and investigations that you wouldn't normally encounter in a regular science lesson. Students will problem-solve and explore emerging scientific ideas in a fun and stimulating environment. Perfect for curious thinkers, innovators and anyone who enjoys asking big questions.

This Co-curricular activity gives opportunity to Year 1 and 2 students to use the resources in the Makerspace. Our Makerspace is a place where students can get hands-on and creative with maker technologies – to tinker, play and create, and in effect, realise their innovation ability. This activity is project based inquiry which fosters critical and creative thinking whilst embracing collaboration to solve a need or a problem.



Leadership and Service

Backgammon Club

7 | 8 | 9 | 10 | 11 | 12

Backgammon was invented over 5,000 years ago in Mesopotamia to develop strategic thinking. It requires a blend of skill and luck, but mastering certain key areas can significantly improve your game. Essential skills include strategic planning, probability assessment, risk management, and the ability to adapt to your opponent's strategies. Improve your mental acuity and flexibility in one of the oldest board games in history. Sign up for Backgammon Club this semester.

Car Detailing

NEW

9 | 10 | 11 | 12

Students operate a supervised "detailing studio" where they clean and restore vehicles to a semi-professional standard as a structured service-learning activity. The activity includes booking cars, inspecting and documenting their condition, performing exterior detailing (washing, tyres, windows, trim, polishing, waxing), and then handing vehicles back to clients with clear communication all while practising the school's core values of respect, integrity, service and excellence.

Knitting for a Cause

7 | 8 | 9 | 10 | 11 | 12

The focus of this activity is to create items that can be used by individuals facing challenging circumstances. We will be working with wool (knitting or crocheting) to make rugs, beanies, and scarves. These will be donated to hospitals (nursery and cancer wards) and charities for distribution to those in need. Students of all knitting and crocheting abilities are welcome; the aim is to develop these valuable craft skills in students so that they can continue to be creative in future years.

Mindfulness, Meditation and Breathwork

7 | 8 | 9 | 10 | 11 | 12

The aim of this activity is to help students explore different forms of non-religious meditation, mindfulness activities and practice breathwork techniques in a calm and welcoming space. It should be a space for people to explore healthy ways of coping with everyday challenges, looking after their own mental wellbeing and connecting with other like-minded individuals across the school. Some of the activities will include guided meditation (using the CALM App), guided sound bath meditation, mindfulness colouring, guided breathwork and mindfulness nature walks around the campus.



Sport

5-a-Side Soccer

3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12

5-a-side Football is a game of skill that teaches players about full field football as well as futsal, played on a basketball court. Players will learn some of the tactics incorporated in futsal as well as full field football while competing in a round robin competition, which will culminate in a final's series.

Equipment: Sneakers only - no football boots. Senior School students can change into their sports uniform at lunchtime prior to their activity and must change back again for their next class. Junior School students will only need to bring their sneakers – no sports uniform (unless Thursday is their PE/Sports day).

Badminton (Semester 1 only)

7 | 8 | 9 | 10

This game demands excellent fitness: aerobic stamina, agility, explosive strength, speed, and precision. It is also a technical sport, requiring good motor coordination and the development of sophisticated movements.

Badminton is played with a racquet, shuttlecock, and net on a rectangular shaped court with opposing teams at either side of the net.

Basketball

9 | 10 | 11 | 12

Students will form 4 teams and play in a round robin tournament. Students will play semi competitive games and allow them to be involved as both players and officials (Referee).

Equipment: Students can change into their sports uniform at lunchtime prior to their activity and must change back again for their next class.

Cricket

3 | 4 | 5 | 6

Students will be divided into two teams and will rotate between batting and fielding in a friendly, skills-based competition. The program focuses on developing and refining core cricket skills, including bowling, batting, and fielding, in a team-oriented environment.

Equipment: Students will only need to bring their sneakers to change into – no sports uniform (unless Thursday is their PE/Sports day).

Ever wondered what sport combines the fast-paced action of basketball with the strategic elements of soccer? European Handball is a fast-paced, high-scoring team sport where two teams of seven players try to throw a small ball into the opponent's goal, blending elements of soccer, basketball, and netball with constant motion and quick passing.

Equipment: Students can change into their sports uniform at lunchtime prior to their activity and must change back again for their next class.

Girls Fitness

7 | 8 | 9 | 10 | 11 | 12

Senior girls are invited to try our new Girls only fitness training. These sessions will be run by our female trainer Tamara Blair who is a qualified strength and conditioning coach. Tamara will look at your individual fitness goals and design a program for you. Whether it be weight training, cardio or a combination of both, you can feel confident to learn new techniques and work under the supervision of an experienced trainer.

Equipment: Students can change into their sports uniform at lunchtime prior to their activity and must change back again for their next class.

Golf (Semester 2 only)

7 | 8 | 9 | 10 | 11 | 12

Students enrolling in this activity must have some Golf experience. They will travel by bus at the start of lunch to the Dural Golf Driving Range and practise their Golfing strokes on the range.

Gymnastics Club (Beginners)

1 | 2 | 3 | 4

Gymnastics Club is a fantastic way for children to build strength, coordination, flexibility, and confidence. In this program, students will learn basic fundamental gymnastics skills, explore movement through games and challenges, and work towards developing simple routines. It's a great opportunity to stay active and discover new skills. Whether beginners or kids who already love to tumble, this is the perfect way to get moving and have fun along the way!

Equipment: Junior School are welcome to bring leggings/shorts to wear underneath their school uniform – no sports uniform (unless Thursday is their PE/Sports day).

Horse Riding

3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12

This unique opportunity is offered to students in Years 3-12 and will take place during the Thursday Connect period at the Sydney Hills Horse Riding Centre in Dural. Students will begin their experience with a supervised walk to the Centre on Kenthurst Road at the start of lunch, followed by 30 minutes of horse riding and 30 minutes of hands-on horse management skills. Students will learn essential skills in caring for and connecting with these beautiful animals. **The cost for these sessions is \$90 per student per week and will be billed to your family account at the end of each Term.** We understand that this is a significant expense, but hope you can appreciate the costs involved in running this type of program.

Students will not be able to select this activity themselves due to costs involved. If you would like your child to participate in this activity please email the Co-curricular Department directly via hq.co-curricular@hillsgrammar.nsw.edu.au.

Pickleball

9 | 10 | 11 | 12

Dive into the exciting world of Pickleball, a fast-paced and fun paddle sport that blends elements of tennis, badminton, and table tennis. Suitable for all skill levels, this Co-curricular activity focuses on developing agility, teamwork, and strategy while fostering a spirit of friendly competition.

Equipment: Students can change into their sports uniform at lunchtime prior to their activity and must change back again for their next class.

Skills for Sport

1 | 2

This activity delivers fun, inclusive and engaging sport related activities to build students' confidence and capacity in sport. Activities will improve student's motor skills, strength and co-ordination whilst teaching them the importance of teamwork, concentration and resilience.

Softball (Semester 1 only)

7 | 8 | 9 | 10 | 11 | 12

Students in the Softball Co-curricular will play and learn the skills of softball, played in a semi-competitive atmosphere for students to learn rules, scoring and game play.

Equipment: Students can change into their sports uniform at lunchtime prior to their activity and must change back again for their next class.

Table Tennis

5 | 6

From beginners to the more advanced, students will be coached in the skills of the game and taught the rules with the opportunity to further develop their skills to be confident to play in school competitions.

Tennis

1 | 2 | 3 | 4 | 5 | 6

Students will be given the opportunity to receive tennis lessons with qualified coaches from Max Tennis at the Hills Grammar Tennis Centre. These lessons will cater for all abilities and will look to provide opportunities for students to gain confidence to further involve themselves in future recreational or competitive environments.

Equipment: Students will only need to bring their sneakers to change into – no sports uniform (unless Thursday is their PE/Sports day).

Touch Football (Semester 2 only)

3 | 4 | 5 | 6

Touch Football is a fun and fast-paced Co-curricular activity offered to students in Years 3–6. It helps develop teamwork, coordination, and fitness in a supportive and inclusive environment. Students learn the fundamentals of the game, including passing, dodging, and strategic movement, while building confidence and enjoying friendly competition with their peers. Suitable for boys and girls of all skill levels.

Equipment: Students will only need to bring their sneakers to change into – no sports uniform (unless Thursday is their PE/Sports day).

Volleyball (Semester 2 only)

7 | 8 | 9 | 10

Students will learn the skills of Volleyball along with being involved in a Round Robin competition. Volleyball is a team sport in which two teams of six players are separated by a net. Each team tries to score points by grounding a ball on the other team's court under organized rules.

Kenthurst Road, Kenthurst, NSW 2156
Private Bag No.1, Round Corner, NSW 2158
p +61 2 9654 2111 f +61 2 9654 2205

CRICOS Provider Code: 02260G

hillsgrammar.nsw.edu.au