



YEAR 9 PASS

Over the past few weeks, Year 9 PASS students were given the opportunity to participate in both an excursion and an incursion focused on martial arts disciplines, with an emphasis on coaching, nutrition, and physical fitness.

During the excursion, students visited Gracie Jiu Jitsu at Smeaton Grange and received instruction on basic jiu-jitsu techniques from professional trainers. They were taught fundamental grappling and self-defence techniques, and had a brief question and answer time with the coaches at the end of the session.

During the incursion, Isi Fitikefu - who competes in ONE Championship - conducted a boxing fundamentals session. He shared his expertise in the sport, instructing students on proper stance, footwork, and basic movements. Students also had time to ask questions relevant to the topics they are studying.

Our students are to be commended on their engagement throughout the sessions. We hope to be able to provide more opportunities like this in the future.



Mr Robert Sheahan
Senior School PDHPE Staff