

VOLLEYBALL & TOUCH FOOTBALL SPORT SPECIALISATION 2026



SportsEX



BENOWA
STATE HIGH SCHOOL

Context

Benowa State High School provides a world-class education that prioritises the holistic development of every student. While excellence programs can serve as key attractions for schools, at Benowa they function as complementary pathways within a balanced educational framework.

These programs enhance student learning through specialised opportunities in sport, culture, and academia, supporting both individual achievement and broader educational outcomes. Each program aligns with the school's commitment to developing capable, well-rounded learners who are prepared for success beyond school.

Excellence at Benowa is embedded across all aspects of learning and participation, ensuring every student has access to quality education and meaningful opportunities for growth.

Benowa State High School operates under an approved Enrolment Management Plan (EMP) which guides all enrolment processes, including entry into Excellence Programs. In accordance with the EMP, entry for students residing outside the Benowa catchment area is subject to the specific provisions outlined within this plan. This ensures equitable access and sustainable enrolment numbers across the school and Gold Coast region.

Benowa SHS remains committed to supporting neighbouring schools within by maintaining transparent and consistent enrolment practices. The introduction of sport specialised streams of our current SportsEX program will continue to uphold this commitment.

Rationale

The introduction of specialised SportsEX classes in Volleyball and Touch Football represents a strategic opportunity to strengthen the culture of Redback Sport while providing students with pathways to excel in two of the school's most popular and high-potential sporting areas. Both sports have strong participation and growth opportunities at school, regional, state, and national levels, making them ideal focus areas for developing competitive and sustainable sporting programs.

By embedding sport-specific training, students will benefit from structured development that extends beyond what is possible in standard HPE rotations. This reduces the reliance on extensive extra-curricular commitments for coaches, while still providing athletes with consistent and high-quality preparation for major competitions such as the State and National Schools Cups in Volleyball, and All School's Touch Football competitions. In doing so, the program creates a more balanced model for both students and staff, ensuring performance outcomes are achievable, supporting the passion and commitment of involved staff and students without compromising their wellbeing.

Alongside SportsEX, these specialised pathways will provide a complementary structure that caters to both breadth and depth of sporting opportunity at Benowa State High School. While SportsEX caters for all students, no matter their sporting discipline, the introduction of Volleyball and Touch Football excellence programs creates targeted avenues for those with higher levels of interest and ability to progress along specific performance pathways. Together, these programs form a holistic model that continues tradition, aligns with shared views on early specialisation and values participation, inclusivity, and excellence, strengthening the school's reputation as a leader in sporting development.

Timetable Structures

Benowa operates on a six-line timetable structure, balancing academic and excellence learning pathways. Each student undertakes core curriculum subjects alongside elective or excellence options within this model.

Year	Stream	Pathway		
7	HPE	SportsEX		
		▼	▼	▼
8	HPE	SportsEX	SportsEX: Volleyball	SportsEX: Touch Football
		▼	▼	▼
9	Elective	SportsEX	SportsEX: Volleyball	SportsEX: Touch Football
		▼	▼	▼
10	Elective	SportsEX	SportsEX: Volleyball	SportsEX: Touch Football

The introduction of Volleyball and Touch Football sport specialised classes of SportsEX has been carefully designed to:

- Maintain full compliance with the Australian Curriculum and Reporting Framework (CARF).
- Allow students to pursue high-performance training opportunities within school hours without compromising academic learning.
- Integrate curriculum achievement standards through the physical, cognitive, and social dimensions of Volleyball and Touch Football.

Excellence programs must operate within timetable constraints to ensure equitable access for all students. Therefore, participating within specialised classes replaces other excellence (SportsEX) or elective allocations, rather than being an additional subject load.

Program Structure by Year Level

SportsEX Program (years 7 & 8)

The Year 7 & 8 SportsEX Program will continue to traditionally operate as a broad-based sports excellence program, offering exposure and athlete development across multiple sports. This model encourages the development of fundamental movement skills, tactical awareness, and game sense, allowing students to develop within their principal sport, identify further interests and hone their sporting abilities.

This structure also allows for squad-based training, where students can learn collaboratively, develop strong team dynamics, and gradually progress towards more competitive environments. This considers the added pressure of full specialisation for athletes too early in their development in alignment with Australian Sports Commission (ASC) position statement of [Sport Specialisation in Young Athletes](#).

Timetable alignment:

- Embedded in HPE as a sport specific class (replaces standard rotation). To create space for a yearlong program, students will not transition into Languages in Semester 2.
- 3 lessons timetabled weekly (practical and theory sessions).
- 1 x HPE CORE Semester and 1 x Sport exposure semester.

Curriculum Alignment:

Practical: Foundational sport specific skills, movement patterns, game awareness, conditioning, and positional play. Assessment regarding student physical literacy aligned with V9 achievement standards.

Theory: Students complete 1 semester of the HPE CORE curriculum with an advanced sporting. Second supplementary semester focuses on sport exposure and athlete development.

Entry into Benowa State High School in Year 7 will continue through the established **SportsEX pathway**, with all applications processed in accordance with the school's **Enrolment Management Plan (EMP)**.

SportsEX: Volleyball and Touch Football Specialisations (Year 8)

From 2026, Year 8 students will have the opportunity to specialise within SportsEX if successful following trials.

In year 8, Volleyball and Touch Football will operate alongside SportsEX as streamed Health and Physical Education (HPE) classes, where students meet curriculum achievement standards through a sport specialised lens.

Students will explore movement sequences, movement strategies, and tactical principles using Volleyball or Touch Football as the learning conduit, aligning physical performance with academic understanding.

Timetable and curriculum alignment will mirror the SportsEX program for year 8, providing embedded timetable opportunities in sport specific athletic development.

All excellence programs at Benowa SHS are dependent on cohort numbers. For classes to be viable, they must meet a minimum number of students. This means a cohort class may not run if the numbers do not support it, including SportsEX.



Years 9 & 10 SportsEX: Volleyball & Touch Football Electives

Positioning the programs on an elective line in Years 9 and 10 will allow students to commit more fully to Volleyball or Touch Football, while still balancing their academic and co-curricular commitments. This model allows ensures a natural progression: students move from broad-based development to specialised performance training without the constraint of meeting HPE achievement standards as students choosing this elective will also complete the HPE core semester in addition.

Elective programs will provide dedicated and specialised development ideal for elite performance, competition results and representative pathways.

Following trials, successful students in Years 9 and 10 will be able to select Volleyball or Touch Football as one of their elective subjects:

- Current students of SportsEX will change this elective to be included in the Volleyball or Touch Football specialised class.
- Students outside of SportsEX will need change their elective choices to participate in the full year program.
- Students in current excellence programs that clash, will not be permitted to change excellence programs.
- Volleyball and Touch Football become elective subject options for Year 9 & 10 selection.
- Successful applicants select the program as a yearlong elective, timetabled alongside other elective options.
- 3 x 70 mins lessons per week, mostly practical.

Students within 9 & 10 SportEX: Volleyball and Touch Football electives will focus on advanced training, tournament preparation, leadership, and officiating, building toward senior-level performance and potential sport-related study or career pathways.

Future Development

Opportunities developed through sport specialisation form part of Benowa's long-term vision to establish clear, sport-specific pathways from Years 7–12 and beyond.

The program aims to produce elite athletes while equipping students with the skills, qualifications, and connections to pursue meaningful careers in sport after graduation. Students are encouraged to strive for excellence both on and off the field through a structured development model supported by expert coaching and industry partnerships.

The ultimate goal is to integrate:

- Applied and Vocational Education and Training (VET) subjects with a sport-specific focus.
- Pathways into coaching, officiating, sports science, and health-related careers.
- Links with professional sporting organisations, tertiary institutions, and development programs.
- Opportunities to progress into elite and professional sporting environments.
- Support for ongoing athlete development through scholarships, talent identification, and mentorship.
- Career preparation for roles within the sporting industry beyond Benowa SHS, including management, media, performance analysis, and wellbeing support.



Sport Specialisation: The Implication

The introduction of sport-specialised programs is designed to complement and strengthen our current excellence offerings, not replace or compete with them. Their introduction will provide additional pathways for students who wish to pursue focused development in specific sports while maintaining the integrity and success of our existing programs.

The intent is not to 'cannibalise' or draw students away from current programs, but rather to broaden opportunities for participation, skill development, and performance where opportunity allows. All existing excellence programs will continue to be fully supported and valued as essential components of our school's culture and identity.

To ensure smooth program operation and clarity of student commitment:

- Students already enrolled in a current Year 7–9 Excellence Program (eg. Dance Excellence) have made a 3-year commitment to their chosen program. These students must remain in that program unless otherwise approved to change by their current program coordinator.
- Students cannot be enrolled in both SportsEX, Volleyball or Touch Football simultaneously, as all programs occupy the same timetable line and training allocation.
- Current SportsEX students are welcomed to trial for a sport specialised program.
- Following trials, successful students in the SportsEX will need to make a formal decision to migrate into the specialised stream. This will be reviewed by the SportsEX Program Coordinator for final approval and the balancing of cohort classes.
- All excellence programs at Benowa SHS are dependent on cohort numbers. For classes to be viable, they must meet a minimum number of students. This means a cohort class may not run if the numbers do not support it, including SportsEX.

Redback Sport

Benowa remains committed to providing sporting opportunities for all interested students, whether within a sport specialised program or not.

Students who are not enrolled in these programs can still participate through various opportunities, including:

- School-based Volleyball and recreational programs.
- Interschool and regional tournaments.
- GCSC Cluster sport
- The opportunity to trial for Redback teams that compete in key representative competitions.

This inclusive structure ensures all students have a chance to engage, learn, and represent Benowa regardless of excellence program placement.



Trial Dates

Students wishing to join SportsEX: Volleyball or SportsEX: Touch Football will be required to attend a practical trial for selection. Successful applicants will be contacted, and the necessary timetable adjustments will be made for 2026.

Monday, 17th November (Week 7)

Volleyball	Year 8 2026 (current year 7's)	3-4 PM	Sports Hall
Touch Football	Year 9 & 10 2026 (current year 8 & 9's)	3-4 PM	School Oval
Information Session	All students and Parents who have trialled this day	4:00 – 4:30PM	Sports Hall

Thursday, 20th November (Week 7)

Volleyball	Year 9 & 10 2026 (current year 8 & 9's)	3-4 PM	Sports Hall
Touch Football	Year 8 2026 (current year 7's)	3-4 PM	School Oval
Information Session	All students and Parents who have trialled this day	4:00 – 4:30PM	Sports Hall

Expressions of interest

To help coordinate trial sessions, please complete the expression of interest linked below by **Friday, 14th November (Week 6)**:

[EOI – SportsEX Sport Specialisation 2026](#)

Fee structure

The SportsEX: Volleyball and SportsEX: Touch Football programs will follow the same fee structure as all Benowa SHS Excellence Programs, set at **\$200 per student for the 2026 year.**

These funds are essential in maintaining the high standards of the program and ensuring students receive access to quality resources, professional coaching, and athlete development opportunities.

Funds are allocated to support:

- **Equipment:** Purchasing and maintaining Touch Football training gear, balls, cones, bibs, and competition uniforms.
- **Specialist Coaching:** Engaging qualified and experienced coaches who deliver advanced skill, tactical, and positional development sessions.
- **Strength and Conditioning:** Providing structured sessions and programs that build athletic performance and reduce injury risk.
- **Athlete Development:** Supporting student learning across areas such as nutrition, recovery, leadership, and mental performance.

For 2026, tournament fees will be charged separately to the program fee. This allows flexibility in accommodating competition costs and to inform an inclusive fee structure in 2027.

Excellence Shirts

All students of SportsEX are required to purchase their excellence shirt in addition to program fees.

It is an expectation of all Sports Excellence students to have a Sport Excellence polo in addition to their school formal and school practical uniform.

Each uniform will have suitability for schooling activities and representation:

Eg. Non-practical days: BSHS school formal.
 Cluster sport and clubs: BSHS practical polo.
 Excellence sessions: SportsEx polo



SportsEX Polo

New students to the SportsEX program will be provided information on sizing and purchase through our school's uniform shop.



SportsEX: Volleyball

Purpose

SportsEX: Volleyball has been developed to extend Benowa's commitment to sporting excellence by offering a specialised pathway for talented Volleyball athletes.

The purpose of Volleyball sport specialisation is to develop advanced skill, discipline, and understanding of the game through targeted, high-quality coaching and learning experiences.

Specialisation in Volleyball enables students to:

- Progress through a structured, high-performance pathway that promotes mastery and consistency.
- Develop technical and tactical proficiency specific to Volleyball.
- Build the physical and mental qualities required for long-term athlete development.
- Strengthen teamwork, communication, and leadership skills through high-level competition.
- Balance academic success with sport performance through a supportive and structured environment.

SportsEX: Volleyball focuses on developing excellence in both performance and character, preparing students for future opportunities at regional, state, national, and international levels.



SportsEX: Volleyball

Specialist Coaching

Students enrolled in SportsEX: Volleyball will benefit from access to specialist coaches and professionals who provide holistic development across all areas of athletic performance and wellbeing.

The coaching framework includes:

- **Strength and Conditioning:** Developing power, agility, and endurance specific to Volleyball performance.
- **Skill and Tactical Development:** Refining technique and enhancing game sense, rotations, positioning, and strategic execution.
- **Cognitive Training:** Improving decision-making, anticipation, and perception-action coupling to enhance tactical awareness.
- **Nutrition:** Understanding how to fuel and recover effectively to optimise performance and wellbeing, especially during competition phases.
- **Sport Psychology:** Building mental toughness, confidence, focus, and resilience under competitive conditions.
- **Mobility and Recovery:** Integrating mobility, stretching, and recovery techniques to support longevity and prevent injury.
- **Screening and Physiotherapy:** Monitoring athlete health and providing access to injury prevention and rehabilitation support.
- **Refereeing and Officiating:** Offering students accreditation opportunities to build understanding of the game and leadership during competition duties.

SportsEX: Volleyball

Tournament Participation

SportsEX: Volleyball teams will represent Benowa SHS in key state and national Volleyball tournaments. Participation is integral to the program's learning and performance outcomes. It is expected that all students of the program participate in these competitions if selected:



Queensland Intermediate Schools Cup:

Junior Schools Cup is an annual volleyball festival for Years 7 and 8 high school students. It is typically held during week four of Term 4.



Queensland Junior Schools Cup:

Intermediate Schools Cup is an annual volleyball festival for Years 9 and 10 high school students. It is typically held during Term 2.



Queensland Senior Schools Cup:

Senior Schools Cup is an annual volleyball festival for Years 11 and 12 high school students. Typically held during Term 3, it offers a fantastic opportunity for students to compete, connect, and showcase their talent.



Queensland Beach Schools Cup:

Beach Schools Cup is an annual, two-day beach volleyball competition. Held during Term 1, the competition features both 'pairs' and 'fours' formats, year 7-12.



Australian Volleyball Schools Cup (AVSC):

Australia's premier school Volleyball event for years 7-12, bringing together the nation's strongest Volleyball schools together on the Gold Coast each December.

These tournaments offer authentic opportunities for performance and representation on the state and national stage. Trials and selection in representing teams will extend past the SportsEX: Volleyball program to allow opportunity for all to participate.

SportsEX: Touch Football

Purpose

The SportsEX: Touch Football Program has been designed to expand Benowa's tradition of sporting excellence through the introduction of a specialised pathway for talented Touch Football athletes.

The purpose of SportsEX: Touch Football is to develop advanced technical ability, tactical understanding, and athletic performance through expert coaching and high-quality learning experiences.

Specialisation in Touch Football enables students to:

- Progress through a structured, high-performance pathway that builds mastery and consistency.
- Develop sport-specific technical and tactical proficiency in attack and defence.
- Build the physical and mental attributes required for elite performance, such as agility, endurance, and resilience.
- Enhance teamwork, communication, and leadership through high-level competition.
- Balance academic achievement with athletic development in a supportive and structured environment.



SportsEX: Touch Football

Specialist Coaching

Students in SportsEX: Touch Football will have access to specialist coaches and industry professionals who support the holistic development of each athlete.

The coaching framework includes:

- **Strength and Conditioning:** Developing speed, agility, and endurance specific to Touch Football performance.
- **Skill and Tactical Development:** Refining core skills such as passing, footwork, and line running, alongside defensive and attacking structures.
- **Cognitive Training:** Enhancing decision-making, reading the play, and recognising in-game cues to improve tactical awareness.
- **Nutrition:** Understanding the role of nutrition in preparation, performance, and recovery.
- **Sport Psychology:** Building mental toughness, focus, and resilience for high-pressure situations.
- **Mobility and Recovery:** Applying effective mobility and recovery strategies to prevent injury and improve longevity.
- **Screening and Physiotherapy:** Providing physical screening, injury prevention programs, and access to rehabilitation support.
- **Refereeing and Officiating:** Offering accreditation opportunities to deepen understanding of the rules and foster leadership within the touch community.

SportsEX: Touch Football

Tournament Participation

SportsEX: Touch Football athletes will represent Benowa SHS in major school Touch Football tournaments that serve as authentic learning and performance opportunities. It is expected that all students of the program participate in these competitions if selected:



Secondary All Schools Touch Football Sunshine Coast:

A highly competitive mid-year event drawing schools from across Queensland, providing students with exposure to quality opposition and tournament-style play.



Kings Touch Football Tournament:

Teams will compete in the King's Christian College Touch Football competition, a local event for Gold Coast schools held in Term 3, used as preparation for the All Schools Touch Tournament.



Queensland All Schools Touch Football Competition:

Australia's largest school Touch Football event, held annually in Runaway Bay. The competition offers an elite platform for students to demonstrate their skills and tactical awareness against the best school teams in the state.

Participation in these tournaments will form a key component of the SportsEX: Touch Football experience, with trials and selection processes ensuring both program athletes and other interested students have opportunities to represent Benowa SHS.