

SCHOOL PROGRAMS

Freo Footy Skills (Years 4–6 Boys & Girls)

Freo Fast Ball, Freo Kwik Kick and Freo Long Bomb are curriculum-based football activities that provide students with an engaging platform to develop their fundamental football skills.

By registering, teachers receive educational and promotional resources to support the delivery and implementation of these activities within their school.

- Freo Fast Ball - Team handball competition
- Freo Kwik Kick - Paired kicking challenge over a short distance (3 minutes)
- Freo Long Bomb - Individual longest kick competition

Resources Provided

- 6 synthetic footballs per school
- Skills guide & lesson plan booklet for teachers
- Fremantle Football Club team posters
- Chance to win a Freo Footy Skills clinic with Fremantle players

Schools are encouraged to nominate their top students to compete in the State Finals.

Freo House Footy (Years 7–12 Male / Female / Mixed)

Freo House Footy is a modified **AFL 9s** format that can be delivered as a male, female or mixed competition during any school term, or integrated into your AFL Physical Education program.

Resources Provided

- 4 synthetic footballs
- 1 set of portable goal posts (*first 50 new schools to register*)
- 36 bibs (sets of 9 in faction colours) (*first 50 new schools to register*)

Eagles Freestyle Footy (Years 4–6 Boys & Girls)

Eagles Freestyle Footy brings the excitement of Australian Rules Football into schools through a fun, safe and flexible format.

This non-contact program allows students to develop core football skills while modifying rules, setting goals and leading activities. It is suitable for Physical Education lessons, lunchtime activities or structured in-school competitions.

Students can also run the competition using the AFL SEPEP model.

Resources Provided

- 4 synthetic footballs
- Online certificates for all participants
- 30 bibs (15 blue, 15 gold) (*first 100 new schools to register*)
- 1 set of portable goal posts (*first 100 new schools to register*)

For further information or to register for a program, please contact your WA Football Staff Member.

