



# SCHOOL SPORT AND PHYSICAL ACTIVITY POLICY

## PURPOSE

School-developed guidelines and procedures for the organisation and management of sport and physical activity aim to provide local information about the school to students, staff and community stakeholders. This document includes safe conduct procedures, resourcing implications, delivery and evaluation processes to support quality sport and planned physical activity programs at Oak Flats Public School. The procedures reflect the ethos of the school and establish a framework and context for sport within the school.

## SCOPE

These guidelines and procedures apply to all students attending Oak Flats Public School, and to all members of the Oak Flats Public School community (teachers, administrators, parents or caregivers, volunteers).

## PHYSICAL ACTIVITY IN NSW PUBLIC SCHOOLS

This document acknowledges that physical activity occurs in a number of ways in NSW public schools. Physical activity is any movement of the body that results in some expenditure of energy. Activity such as this provides an opportunity for students to acquire and practice a range of personal, interpersonal, behavioural, social and cognitive skills. Physical activity provides the most health-related benefits for students when performed at **moderate to vigorous** levels of intensity.

Moderate intensity physical activities require some effort and noticeably accelerate the heart rate. Students are still able to talk while participating in the activities. Vigorous intensity physical activities require a large amount of effort and a substantial increase in heart rate. These activities make students 'huff and puff'.

Mandatory planned physical activity occurs through teaching and learning in Personal Development, Health and Physical Education (PDHPE) and School Sport. Additional physical activity can be planned or occur incidentally at other times of the school day such as at recess, lunch or in any other learning experience.

*Physical Education (PE)* is part of the mandatory key learning area Personal Development, Health and Physical Education (PDHPE). The NSW PDHPE syllabus prescribes a sequence of learning from Kindergarten to Year 12.

*School Sport* is an important part of the co-curricular and a mandatory part of whole school planning. School Sport offers students weekly planned opportunities to participate in physical activities according to their interests and abilities in a range of contexts and environments.

## RATIONALE

All government schools in New South Wales are required to provide students in Years K-10 with a minimum of 150 minutes of planned moderate with some vigorous physical activity across the school week. This time includes planned weekly sport.

Sport as an aspect of the school curriculum is an integral part of an individual's development, requiring physical involvement in organised games or activities within an accepted set of rules. Sport is a valued and accepted part of a school's curriculum because it contributes to the development of the whole child. It provides a vehicle for a number of social, physical, emotional and moral learnings and is an important expression of our culture. Participation, enjoyment and skill development of all students are the corner-stones of school sport.

The social, cognitive and welfare outcomes of involvement in quality sport activities can assist whole school communities in:

- raising student achievement at all levels and all stages
- promoting wellbeing, positive relationships, equity and excellence
- creating and sustaining conditions for quality teaching and learning to thrive
- developing and delivering community expectations and government policy
- contributing to a 21st century education system at local and national levels
- developing students as citizens of the world
- encouraging healthy competition and responsible behaviours

Significant international research and Australian government investigations indicate that students who experience positive, inclusive and rewarding school sport programs are more likely to exhibit:

- improved academic results
- self-esteem and resilience
- effective organisational, motivation and performance skills
- connectedness to school
- the benefits of an active lifestyle well beyond the school environment.

As well as improving student performance and learning outcomes a quality sport program, implemented as part of a whole school plan, can have many benefits for all stakeholders. These include:

- improved student/teacher relationships
- higher concentration levels on classroom tasks following physical activity sessions
- more productive students with increased aspiration levels (especially amongst disadvantaged students)
- stronger links between school, home and the wider community
- decreased absenteeism
- appreciate the abilities and diversity of others
- develop an appreciation for fair play and being part of a team or group sharing the same experience.

#### **NSW DEPARTMENT OF EDUCATION POLICIES**

Oak Flats Public School's procedures for the organisation and management of school sport and physical activity support all relevant NSW Department of Education and Communities policies located at:

<https://online.det.nsw.edu.au/policiesinter/category.do?level=Schools>

The ***Sport and Physical Activity Policy*** provides schools direction in relation to the mandatory weekly requirements for student participation in sport and physical activity, including the identification of procedures and requirements, equipment specifications, venue requirements and safety procedures.

The ***Sport and Physical Activity in Schools Safe Conduct Guidelines*** inform all school sport and physical activity programs and practices at Oak Flats Public School.

#### **RELEVANT POLICIES AND REQUIREMENTS**

- Emergency Care/CPR accreditation for staff
- First Aid for selected staff
- Sun Smart Policy
- Risk assessments
- Organised and private transport
- Excursion Policy
- Costing processes
- Selection of teams and school representatives
- Permission notes
- Use of external providers

## AIMS OF SCHOOL SPORT AND PHYSICAL ACTIVITY

Oak Flats Public School's school sport and physical activity program aims to:

- encourage participation by all students in sporting activities commensurate with their physical, mental, social, emotional and skill development
- provide opportunity for playing a wide variety of sports within competitive and recreational environments
- develop the capacity to make reasoned decisions about ethical issues in sport that will lead to good player and spectator behaviour
- develop skill and fitness specific to particular sports so that all students can experience success through enjoyable participation
- develop and apply knowledge and understanding of sport as a significant cultural force in our society; the capabilities and limitations of the human body in the performance of sport; games, tactics, strategies, rules and umpiring; administration and coaching
- contribute through participation to the social, cognitive, physical, emotional and aesthetic aspects of the student's development
- develop a lifelong appreciation for physical activity and understand the health benefits these activities provide.

## SCHOOL SPORT – ROLES AND RESPONSIBILITIES

Oak Flats Public School has a responsibility to ensure that every student is presented with the opportunity to participate in quality sport and physical activity experiences to enhance their learning and development.

At Oak Flats Public School, school sport operates as a stage based activity and is supported through a range of organisational details to successfully conduct carnivals and a weekly sport program often incorporating competitive and non- competitive elements.

Teachers play a major role, often with the support of other members of the school community with relevant qualifications, in the organisation and conduct of the school sport program. The roles and responsibilities of our school sport program include areas such as participation, competition, safety, community linkages, communication with parents/guardians, costs, professional learning, equipment and behaviour.

## MANAGEMENT OF THE SCHOOL SPORT AND PHYSICAL ACTIVITY PROGRAM

### Affiliation

Oak Flats Public School is a member of the Tongarra District, South Coast Region and the Southern Illawarra Zone.

### Principal:

- Lead the development and implementation of this document. This would include operational logistics, safe conduct procedures, resourcing implications, delivery and evaluation processes. Further information on the development of this procedures document is in the *Sport and Physical Activity in Schools Safe Conduct Guidelines*.
- Ensure that the school meets the mandatory weekly requirements for student participation in sport and physical activity.
- Ensure the safety conditions for specific activities in the *Sport and Physical Activity in Schools Safe Conduct Guidelines* are adhered to, whether an activity is taken as part of school sport, physical education, school excursions, or any other occasion where sport and physical activity is planned.
- Review and approve any sport or physical activity that is not specifically covered in the *Sport and Physical Activity in Schools Safe Conduct Guidelines*.

### School Sport Organisers:

- Be responsible for the currency of the policy and oversight of support materials.
- Liaise between school and District and Regional conveners. This includes attending PSSA meetings, checking email and passing on information to relevant staff; advertising events to relevant students and providing them with notes and information to facilitate them to attend where possible/relevant.
- Support staff in any way possible to provide a quality school sport program for students.

**Staff:**

Teachers, coaches and any other members of the school community involved in the school sport program need to:

- prepare and conduct sessions based on sound coaching and teaching principles
- encourage participation
- cater for varying levels of ability by providing every student with a 'fair go'
- provide equal encouragement to all students to allow them to acquire skills and develop confidence
- ensure the program is available to all students by catering for groups with special needs such as:
  - female students
  - students with disabilities/additional learning needs
  - Aboriginal and Torres Strait Islander students
  - students from non-English speaking backgrounds
  - students with exceptional sport talent
- set realistic standards and objectives for students
- ensure a safe and productive environment
- adopt the Tongarra PSSA and South Coast Sporting Association behavior codes
- ensure consequences of inappropriate behaviour are clearly understood and communicated through the school welfare/discipline system
- act as a good role model of sporting behaviour.

**BEHAVIOUR**

Teachers, students, parents and any other members of the school community involved in the school physical activity program need to:

- ensure they are aware that their behaviour is expected to be consistent with both the school's code and the Mid South PSSA and South Coast Sporting Association codes of behaviour and also promotes the idea of 'fair play'. Learning about fair play helps young people develop an understanding of important values like respect, co-operation and teamwork.

Teachers, in conjunction with the school leadership team, need to:

- manage students who do not comply with the above codes of behaviour as set out in the school's student welfare and discipline policy.

**ORGANISATION OF CARNIVALS**

Students compete in the annual Swimming, Athletics and Cross-Country Carnivals.

**SWIMMING CARNIVAL**

Venue: Oak Flats Swimming Pool

Date: February - Usually within the first 2 weeks of the school year.

Sport Co-ordinator and Swimming Carnival team are responsible for the following tasks:

- Booking Carnival for the following year
- Permission notes – creation and distribution
- Organising parent helpers
- Briefing house captains about house meetings and selling swimming caps
- Gathering and organising equipment
- Liaising with staff about roles/jobs on the day and before
- Updating risk assessment
- Liaising with District Swimming coordinator about district carnival/ attendance at PSSA Meetings
- Organising team to go to district carnival

Teachers are responsible for:

- Collecting permission notes from their class
- Performing allocated tasks on the day
- General supervision/duty of care/safety/first aid

School Office Staff are responsible for:

- Booking buses
- Collating notes and money and informing staff if any problems
- Paying invoice from pool

### **CROSS COUNTRY CARNIVAL**

Venue: Geoff Shaw Oval

Date: End of March - April

Sport Co-ordinator and Cross Country Carnival Team are responsible for the following tasks:

- Booking venue
- Permission notes – creation and distribution
- Organising parent helpers
- Gathering and organising equipment
- Liaising with staff about roles/jobs on the day and beforehand
- Updating risk assessment
- Liaising with District Cross Country coordinator about district carnival/ attendance at PSSA Meetings
- Organising team to go to district carnival

Teachers are responsible for:

- Collecting permission notes from their class
- Performing allocated tasks on the day
- General supervision/duty of care
- Emergency care/first aid/safety

School Office Staff are responsible for:

- Collating notes and informing staff if any problems

### **ATHLETICS CARNIVAL**

Venue: Croome Road Sporting Complex

Date: June - Usually mid Term 2.

Sport Co-ordinator and Athletics Carnival Team are responsible for the following tasks:

- Booking venue
- Permission notes – creation and distribution
- Organising parent helpers
- Gathering equipment and organising morning tea for staff/volunteers
- Liaising with staff about roles/jobs on the day and beforehand
- Updating risk assessment
- Liaising with District Athletics coordinator about district carnival/attendance at PSSA Meetings
- Organising team to go to district carnival

Teachers are responsible for:

- Collecting permission notes from their class
- Performing allocated tasks on the day
- General supervision/duty of care

School Office Staff are responsible for:

- Collating notes/money and informing staff if any problems
- Booking buses to and from venue
- Paying invoice from Croome Road Sporting Complex

## WEEKLY SCHOOL SPORT

At Oak Flats Public School, classes have sport on allocated days, organised in Stages. The grounds at our school are sufficient to allow students enough room for K-6 sport on days allocated to each Stage. Students are involved in a series of rotations of fundamental movement skills, team sports or athletics practice.

Teachers are responsible for:

- Selecting teams (in the case of inter school sport)
- Collecting permission notes (in the case of inter school sport)
- Organising equipment for the sport they are playing
- Ensuring students walk to and from the ground safely (or bus/private transport in the case of inter school sport)
- Ensuring students are prepared – water, hat, sunscreen, medications etc
- Being prepared and have the skills and knowledge to teach the game
- General supervision/duty of care/safety

School Sport Organiser:

- Booking venue (in the case of inter school sport)
- Organising permission notes/transport for inter school sport
- Organising outside providers where appropriate and/or parent helpers
- Liaising with staff about roles/jobs for the term
- Ensuring staff have the equipment/skills they require
- Updating risk assessment

## COMPETITION

At Oak Flats Public School provision is made for a healthy level of competition for all participants. Competition occurs at inter-school level as well as on a less formal, social basis and is conducted at a level that is appropriate for the age and experience of the students. Teachers and any other members of the school community involved in the school physical activity program need to ensure all students participating in the sport program are aware that, although everyone likes to win, participating is equally as important.

## REPRESENTATIVE SPORT

Students have the opportunity to gain representative selection in a number of individual and team sports throughout the year from district, local sports association, State through the New South Wales Primary Schools Sports Association.

Students at Oak Flats Public School are given information about trial dates for events and teams school Sport Co-ordinator. Teachers are supported to coach and/or officiate in representative school sport.

## SCHOOL SPORT SELECTION

### PSSA Team selection:

Teachers are responsible for selecting PSSA teams for competitions. The coaches of the teams as well as other school staff will run selection trials at school, after giving students sufficient notice, choosing teams and advertising the teams as soon as possible. Selection should be based on merit and will be at the discretion of the coach. The students who the selectors feel are the strongest players and also offer the school the best team (personal attributes such as behaviour and sportsmanship may come into consideration) will be selected.

### District Carnival selection:

For swimming, cross country and athletics carnivals, selection will be based on times or placement. NSW PSSA sets the number of students selected for each event, usually the first three placegetters in age races, and the first two placegetters in all other events including relays. The district cross country team, has four representatives from each of the age groups.

### District team selection:

Only a small number of students can be sent to try out for district teams as the trials are not a “come and try” day – the standard is high. The sports co-ordinator, as well as any other staff who have knowledge of the students ability in a particular sport, will select the representatives and provide them relevant information. Sometimes a trial might be necessary if there are large numbers of students at the required level or their level is unknown. Parents/carers are responsible for taking these representatives to and from the various trials and gala days associated with district selection.

## SPORT LEADERSHIP

The sport leadership program at Oak Flats Public School includes 2 house captains and 2 vice sport captains from each of the four houses; Banksia, Boronia, Waratah, Wattle. Sport leaders are actively involved in:

- training and learning opportunities
- coaching and/or officiating
- carnival team organisation
- recognition for young leaders
- organisation of the sports store room and equipment

## ACROSS THE CURRICULUM

At Oak Flats Public School teachers are encouraged to incorporate physical activity across their teaching and learning program.

Examples include:

- taking a class around the school to find nouns or verbs instead of sitting at their desks
- using throwing and catching to investigate measurement and evaluation
- throwing a ball and measuring the distance of each throw and why a ball curves in the air
- using the mathematical process to mark out running tracks or school gardens
- talking about angles and length in gymnastics
- timing in dance
- creating point-scores relevant to times tables (eg, each goal is worth 3 points)
- use of alphabet letter bean bags

## OUTSIDE OF LEARNING HOURS

Lunchtimes in primary schools are very active times. Other than simple play, at Oak Flats Public School we offer:

- ball games
- dance groups in Terms 2 and 3
- handball courts
- skipping ropes and other games equipment
- basketball/netball rings
- timetabled soccer/touch games on the primary grass field
- climbing/gym equipment

## EVALUATION AND REVIEW

At Oak Flats Public School the School Sport and Physical Activity Program will be reviewed and evaluated every year. Oak Flats Public School will use the following evaluation measures:

- attendance numbers at carnivals
- competency/confidence of staff to deliver sport sessions
- student survey of sport experiences
- cost/benefit analysis of activities
- government priorities
- community needs
- available resources
- adherence to DoE sport and physical activity policy
- teacher professional learning opportunities

### Review of sport policies, management and procedures

A review of existing policies and practices relating to school sport with input from the whole school community will help to recognise areas of strength and identify aspects of the program that could be revitalised.

Evidence based decisions will achieve better outcomes which can be included in the school's management plan and accurately reflect community needs and requirements.

Oak Flats Public School will review sport policies, management and procedures each year. The review will use evaluation measurements to support any recommendations for change. Our school will explore the following questions in the review:

- How does sport meet our school community needs?
- Where does sport fit within the school's curriculum?
- What does current research say about sport in schools?
- What are student perceptions of school sport and how does this impact on the implementation of sport?
- What resources are necessary to run school sport? Are staff aware of, and using resources?
- Are we using the sport captains and other leaders effectively?
- How does sport impact on other activities in the school?
- What are DoE's requirements regarding school sport?
- What are the options for structuring school sport and how do they impact on school organisation?
- Where are school sport policies and guidelines located on the DoE intranet?
- Do staff feel confident/competent about delivering quality sport sessions?
- How can staff improve their delivery of school sport?
- Are there accredited courses available to support new teachers?