



Leonay Public School Sport Policy

May 2018



Procedures for the organisation and management of school sport and physical activity

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. The procedures reflect the ethos of the school and establish a framework and context for sport within the school. They apply to all students attending LEONAY PUBLIC SCHOOL and to all members of the LEONAY 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. Physical activity provides an opportunity for students to acquire and practise 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.

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.

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 learning 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

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- developing students as citizens of the world.¹
- 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.²

NSW Department of Education and Communities Policies

LEONAY 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.

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 LEONAY PUBLIC SCHOOL.

These guidelines address:

- the supervision and welfare of students, equipment, venues and specific safety conditions and procedures for an extensive range of sports and physical activities.
- include a list of banned activities.
- provide procedures for Principal Endorsed Activities that guide principals in approving a sport or physical activity that is not specifically covered elsewhere.

All principals, teachers and support staff in NSW Government schools must comply with the requirements stated in the above documents unless exceptional circumstances arise.

This policy should also be read in conjunction with:

- DoE sport and Physical Education Policy
- Excursion Policy
- Working with children check policy
- Sport safety guidelines

¹ National Professional Standards for Principals, Education Services Australia (Ministerial Council for Education, Early Childhood Development and Youth Affairs), July 2011.

² Executive Overview, *Putting Sport and Physical Education Back into Education*, The Future of Sport in Australia, Australian Government, Independent Sport Panel. 2010

Aims of school sport and physical activity

LEONAY 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

LEONAY 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 LEONAY PUBLIC SCHOOL, school sport operates separately for K-2 and 3-6. Roles and responsibilities are assigned at the commencement of each school year and include organisational details to successfully conduct weekly school sport programs, Penrith Cup, carnivals, fitness, dance and gymnastics lesson, which often incorporate competitive and non-competitive elements.

Teachers play a major role, sometimes 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 the nominated coordinators of our school sport program include areas such as participation, competition, safety, community linkages, communication with parents/guardians, costs, professional learning, equipment and behaviour. Teachers and their supervisors are also responsible for ensuring their classroom timetables to facilitate the mandatory requirements for school sport as detailed in departmental guidelines. All teachers will ensure that the appropriate WHS and safety guidelines are followed.

Management of Sport and Physical Activity Programs

Supervising teachers are to assess and take into consideration the safety of the site, weather conditions and child protection procedures.

Participation by 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/impairments, Aboriginal and Torres Strait Islander students, students from non-English speaking backgrounds and students with exceptional sport talent

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- set realistic standards and objectives for students in a safe and productive environment
- 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
- undertake the mandatory 150 minutes of moderate and some vigorous physical activity per week.

Teachers and any other members of the school community who take on a coaching responsibility are also encouraged to:

- become accredited with the National Coaching Accreditation Scheme (NCAS) through state sporting organisations
- engage in professional development and dialogue with appropriate teaching and coaching developments
- keep up to date with the Sport in School policy and requirements, and participate in related training
- if coaching rugby league, hold a current mod football coaching certificate.

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 the school's code of conduct and also promote the idea of 'fair play'. Learning about fair play helps young people develop an understanding of important values like respect, co-operation and teamwork.
- Playing Fairly on the Playground/ at Sport

Looks Like	Sounds Like	Feels Like
Fair Teams	Students being honest	Fun
Taking Turns	Accepting decisions	Being included
Sharing the ball	Encouragement	Getting a go
Not always winning	Everyone having a voice	Challenging

PLAYERS' CODE

1. Play for the fun of it.
2. Compete by the rules and always abide by the referees' / umpires' or touch judges' decisions.
3. Control your temper. Make no criticism either by word or gesture. Deliberately distracting or provoking an opponent is not acceptable or permitted in any sport.
4. Work equally hard for yourself and your team -your team's performance will benefit and so will your own.
5. Be willing to train and prepare for the game. Preparation helps prevent injury and increases the level of enjoyment.
6. Play only when you are fully fit. To play with an injury will handicap your team, and may expose you to the risk of serious, lifelong injury.
7. Be a good sport. Applaud the good play of your team mates and that of your opponents.
8. At all times cooperate with your coach, team mates and opponents - without them you do not have a competition.
9. Remember the goals of the game are to have fun and improve your skills. Be modest in success and generous in defeat.

PARENTS' and SPECTATORS' CODE

1. Encourage your child always to play by the rules.
2. If children are interested in sport, encourage them to participate. Refrain from forcing an unwilling child to participate.

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3. Remember your children are involved in organised school sports for their enjoyment and fulfilment, not yours.
4. Teach your child that honest effort is as important as winning so that the result of each game is accepted without undue disappointment.
5. Encourage your child to work towards skill improvement and good sportsmanship. Never ridicule your child for making a mistake or losing a competition.
6. Always encourage the principles of good sportsmanship.
7. Remember that children learn best by example. Applaud good play by your team and by members of the opposing team.
8. Do not publicly question the officials' judgement and never their honesty.
9. Appreciate the contribution and commitment of teacher- coaches. They give their time and resources to provide sporting activities for your child.
10. Have realistic expectations for your child and his / her team - do not expect more than they can give.
11. Support all efforts to remove verbal and physical abuse from sporting activities.

Organisation of carnivals

Students compete in the annual swimming, athletics and cross-country carnivals.

Carnivals

Dates for these events are set on the school calendar and include cross country, athletics and swimming carnivals. All are house competitions where the students represent their houses and gain merits for their participation and achievement.

Swimming – Glenbrook Public Pool -6.30pm– attended by those students in Years 2 to 6 wishing to participate

Cross Country – Years 2 (if turning 8) to 6- a two or three-kilometre course covering the perimeter of Leonay Oval or School grounds (dependant on chosen venue). Kinder, Year 1 and Year 2 participate in a Fun Run.

Athletics – track and field events are conducted at Leonay Oval Leonay. Kinder, Year 1 and Year 2 participate in a K-2 Sports Carnival.

Weekly School Sport

At LEONAY PUBLIC SCHOOL Students in years K-2 have sport on Friday and students in Years 3-6 have sport on Friday. Fitness is scheduled during the week on a grade/stage basis. All school sport and fitness activities take place on site. All students, regardless of their chosen activity are required to wear their full sport uniform to school on their designated sport day.

Penrith Cup/Milo Cricket

The school participates in the Penrith Cup Gala Days and Milo Cricket Days which are one-off sporting exchanges with other schools.

At LEONAY PUBLIC SCHOOL, the intra and inter-school sport program known as Penrith Cup includes Summer and Winter sports and recreation activities and inter-school gala days which are held at local venues including Hunter Fields Emu Plains, Jamison Park and Penrith Basketball Stadium. The Penrith Cup Gala days involves various sports conducted at local venues between participating schools in the Penrith area.

Competition

At LEONAY PUBLIC SCHOOL provision is made for a healthy level of competition for all participants.

Competition occurs at the intra-school and 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

Individuals

Students participate in Penrith PSSA Swimming, Cross Country and Athletics Carnivals and have the opportunity to attend trials for other representative sports.

Students in Years 5 & 6 also have the opportunity to gain representative selection in a number of individual and team sports throughout the year from district, zone through to state level through the New South Wales Primary Schools Sports Association. These events are trial events and only those students with a high level of skill will be invited by the school to attend. These students are given information about trial dates for events via a letter of offer to attend. The letter provides all information including the name and school of the teacher coordinating the trials. Parents are responsible for transporting their child to these events as well as supervising them throughout the trials.

Sport Leadership

At LEONAY PUBLIC SCHOOL, there are three sporting houses: BURING, JAMISON AND FORBES. Students are allocated into a house on enrolment in consideration of: consistency with the house of siblings and numbers of students in each house.

Each house has two captains and two vice captains. Typically, house captains are drawn from Year 6 students who do not hold school captain or vice-captain positions. Sport leaders are elected by other members of their house at the first house meeting in each calendar year. Badges are presented at a whole school assembly at the beginning of each year.

Sport leaders are actively involved in:

- preparing their house members for carnivals (dance and war cry rehearsals)
- leading their peers during school carnivals
- assisting with carnival team organisation
- running Friday Fun sessions with younger students
- organising sporting equipment.

Across the curriculum

At LEONAY PUBLIC SCHOOL teachers are encouraged to incorporate physical activity across their teaching and learning program.

Examples include:

- conducting practical lesson activities outside e.g. taking a class around the school to find nouns instead of sitting at their desks or while students are walking, the use of verbs is incorporated in the lesson
- 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 etc.

Visiting Sports Organisations

Students are given the opportunity to attend skills sessions, gala days and inspirational talks offered by outside sporting organisations. Teachers will decide which activities will be offered and make all necessary arrangements including notifying parents of dates and details, permission notes and any transport arrangements.

Evaluation and review

At LEONAY PUBLIC SCHOOL, the School Sport and Physical Activity Program will be reviewed and evaluated every two years. An evaluation committee will be established to involve all stakeholders and measure outcomes against local indicators.

LEONAY PUBLIC SCHOOL will use the following evaluation measures:

- attendance numbers on sport afternoons
- 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

The committee will prepare a final report for the school leadership team to action.

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.

LEONAY PUBLIC SCHOOL will review sport policies, management and procedures every two years. 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?
- 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?

This policy was developed in May 2018 and is due for review in May 2020.