Sports Policy and Guidelines

Policy Committee Members: Teaching Staff
Policy Review Date: 5/12/2015
The Aims Of This Policy

For students-

- Provide opportunities for students to increase their level of fitness and promote a healthy lifestyle.
- Encourage all students to develop their fundamental movement skills through participation in a range of activities and sports.
- Expose students to situations where they participate in activities that are complementary to their abilities and level of maturity.
- Provide students with the opportunity to develop cognitively, physically and socially.
- Promote positive interactions and social skills in the form of good “Sportsmanship”.
- Assist students in developing a positive and healthy attitude regarding physical activity by encouraging fun and enjoyment of physical education lessons.
- Identify and provide opportunities for the development of gifted and talented students.

For teachers-

- Provide a safe environment that is conducive to the well being of all students.
- Encourage safe sporting practices where students are aware of their limitations.
- Develop a variety of challenging learning experiences that increase students’ confidence, enthusiasm, enjoyment and independence regarding physical activities.
- Incorporate a sequence of learning experiences that enable students to achieve the physical education outcomes, whilst having fun.
- Provide information, guidelines and clarification of what is expected when conducting sport.
• Encourage participation in coach education and accreditation courses (information on suitable courses that are available can be obtained from the relevant state sporting association).

Physical Education (PE)
PE contributes significantly to the holistic development of the student through cognitive, social, emotional, physical and spiritual development. It provides opportunities for students to learn about, and practice ways of, adopting and maintaining a healthy, productive and active life. PE also involves students learning through movement experiences that are both challenging and enjoyable, and improving their capacity to move with skill and confidence in a variety of contexts. PD/H/PE promotes the value of physical activity in their everyday lives.

School Sport
School sport provides students with a variety of enjoyable and challenging experiences designed to develop skills, improve fitness and nurture students’ knowledge of fundamental movement skills, dance, gymnastics, modified games and a large variety of other sporting skills.

The school sports program comprises the following components:

• **Intraschool sport** refers to sporting activities conducted within Fort Street Public School to extend upon the physical education program. Examples include “DanceFever”, tabloid sports and ‘Brain wave’. The ultimate goal being the nurturing of students’ love of sport and physical activity as well as developing their knowledge, attitudes and motor skills through physical education.

• **Interschool sport** or (PSSA) refers to sports activities in which students or teams represent FSPS in district carnivals and weekly competitions. Such endeavours develop students’ fitness and movement skills whilst providing opportunities for students to work cooperatively and participate as part of a team.

• **Representative school sport** refers to sports activities in which individual students or teams compete at district, state or national level. Students who
are gifted or talented in sport are provided with an opportunity to extend themselves through competition against students of like ability and skill, in their sporting area of expertise.

**Supervision and welfare of students**
In providing a safe environment that is conducive to the well being of students, it is essential that all supervising educators adhere to the procedures contained in the ‘Guidelines for the safe conduct of sport and physical activity in schools (99)’. It is essential that significant consideration is given to the following procedures located within that document.

- Responsibilities of principals and staff
- Coaching competency
- Student protection
- Protection
- Protection against child abuse and improper conduct
- Sports injury
- Prevention measures and strategies
- Infectious disease control (staff, players, education)
- Sun protection
- Hot Weather
- Risk Assessments

**Safety and duty of care**
The safety guidelines set down by the NSW PSSA and DET regarding equipment, first aid and infectious control must be strictly adhered to. The duty of care is a duty to take reasonable measures to protect students against risks of injury, which reasonably could have been foreseen. Please follow all safety procedures, guidelines and plans. They are for your protection as well as the students.
Duty of care
1. While at venues/parks or any location outside of school grounds, teachers are responsible for supervision of all students.
2. Ensure the safety of non-participants eg spectators, players waiting their turn as well as players in the field.
3. All students must be under direct supervision at all times,
4. Ensure transport safety, e.g. seated on bus, walk on paths, road safety

Safety Factors
It is vital to follow the management plan in place to ensure a safe playing environment; increase player and coach awareness of individual and team safety issues; and to respond to injuries if and when they do occur.

It is important to have:
- adequate first aid kits for all teams readily available for all practices and competition at any time these are scheduled.
- ready access to a telephone for all teams at all practices and competition; and
- access to a person trained in first aid and available during practice and competition.

The ‘Guidelines for the safe conduct of sport and physical activity in schools (99)’ provide more details of these requirements.

Medical Considerations
Students may suffer from a medical condition such as asthma, diabetes, epilepsy, anaphylaxis and heart or lung diseases. These medical conditions can have a direct impact upon the students’ participation in physical activities. It is vital that teachers and coaches are aware of a child’s specific needs and also know how to deal with any emergency. Teachers and coaches should refer to the medical action plan developed by staff in conjunction with the child’s parents in relation to a specific medical condition.
Withdrawal of students from sport: (Unacceptable behaviour, Exclusions)

Participating in PE classes and representing our school is a privilege that may be withdrawn if any student has not kept the school rules and has displayed behaviour contrary to the ‘Code of Conduct’.

The following course of action is to be followed when a student’s behaviour is deemed unacceptable-

- If a student is misbehaving or causing serious problems, the teacher on the activity will remove the student from the sport.
- The principal of the school is notified of the misbehaving student and a decision will be made in consultation with supervising staff.
- A student behaving contrary to the school rules or ‘Code of Conduct’ at school can result in the removal of the student from the lesson, sporting team and/or suspension.
- Students are to adhere to the school rules.
- Students are to follow the school policy ‘No hat, no play’.
- Students should be aware of the school’s expectations.

Exemption from sport due to health/ cultural reasons

Physical Education is a mandatory component of the curriculum as set out by the Board of Studies. It is expected that every student will participate. Students who are unfit to participate in sport for a medical or cultural reason are required to provide their classroom teacher with an application in writing for an exemption from sport.

The letter of exemption from sport must state a specific reason and the expected duration of non-participation. Most medical conditions/ cultural reasons will only allow a temporary withdrawal from P.E. / Sport programs. Students, who are granted permission for non-participation in sport, are required to accompany their class to the sport facility and complete classroom work for the duration of the lesson.
Information for Teachers and Students

Permission to leave early

All applications must be made in writing from a parent/guardian both signed and dated. Alternatively, the parent/guardian may attend the school and sign their student out at the administration office. If permission is granted, the students must then report to their sports teacher with their early leave pass.

Daily Fitness Program

The Get skilled: Get active program (fitness program) is implemented in all classes for three twenty-minute sessions per week. The focus of the program is to provide opportunities for students to develop the twelve fundamental movement skills required for successful participation in team and individual sports.

The Get skilled: Get active program involves students rotating with their classroom teacher, on a weekly basis, between four fitness activities:

- Skipping
- Aerobics
- Fundamental Movement Skills
- Skill games

The 12 Fundamental Movement Skills are:


Teachers test the fundamental movement skills of all students twice a year using the criteria documented in the Get skilled: Get active teaching resource booklet.

School Sport

School sport is currently held at Fort Street two days a week. School sport is held within school grounds for the K-2 classes, while students in the 3-6 classes attend King George V (KGV) Fitness Centre on a Thursday for their sport session.
Teachers are responsible for organising the activities, collecting equipment and running their lessons with their allocated class.

**Dance and Movement**
Fort Street Public School seeks to promote dance and movement as one of the facets of the PD/H/PE syllabus within the school.
Dance is taught to all students in their PDHPE classes and all students within the school participate annually in the *Dance To Be Fit* program.
Further, teachers offer a dance practice one lunchtime a week for enthusiastic students. Where possible, these groups then perform for school audiences on special days.

**School Carnivals**
Fort Street Public School endeavours to participate in 3 major carnivals annually- Athletics, Swimming and Cross Country.
School athletics and cross country carnivals are 2-6 events and held in conjunction with Birchgrove Primary School. All students aged 8 and above are expected to attend the swimming carnival. It is an expectation of the school that the students will participate in the events organized.
On each of these days, students are expected to arrive at school at the normal time, and then travel to the designated venue as arranged by the school.
Fort Street Public School will endeavour to supply a team to compete in all three major district/zone carnivals (Athletics, Swimming and Cross Country) as organised by the Sydney School Sports Association.

**Special Swimming Scheme**
Two weeks a year Fort Street Public School offers students the opportunity to learn to swim in the Swimming Scheme that is run at Andrew (Boy) Charlton Swimming Centre.
This is a vital program for students in our community because many of the students are unable to access regular visits to a pool. The school’s close proximity to open water means learning to swim is a high priority.
This swimming scheme provides students from years 2-6 an intensive, small-group lesson under expert supervision.

**Playground Program**
Lunchtime is an additional component of Fort Street Public School’s efforts to promote sport. The school provides an array of equipment for students to use and businesses from the local community, such as Lend Lease, volunteer on a daily basis to assist in the refereeing of various sporting games. The school’s Prefects and Captains have undertaken the responsibility of organising a borrowing box for sports equipment. The borrowing box includes bats, balls, ropes etc. for students to organise their own playground games. Equipment is returned at the end of lunchtime.

**Costs Involved**
Costs in relation to travel, uniforms and other levies such as those for the hiring of facilities are kept to a minimum. Consideration for cost reduction is provided to those families in genuine need. A process to determine this need has been established within Fort Street Public School.

**Uniform**
All students will wear the correct sports uniform, footwear, necessary protective equipment and a hat (where appropriate) when playing sport. Students who do not comply with the uniform requirements will be excluded from the sport session. Students will be directed to another classroom for supervision.

**Equipment**
All equipment used should be kept in good repair and be appropriate for the age group using it. It should be ensured that all students are provided with adequate protective equipment for competition as well as training. Moreover, it is essential that protective equipment be correctly fitted.
Please note: Mouth guards are the responsibility of individual participants.
Transport Arrangements
Parents must be asked to give their consent for any travel arrangements organised for their child as a member of a sporting team including travel to and from a sporting venue. Consideration must also be given to cost of travel. The school has a financial assistance scheme in place to aid families in need of assistance.

Awards
Awards are used by team officials to recognise and reward participation by teams and individuals. In primary school competitions it is more appropriate to acknowledge the participation of all children rather than only some. Certificates, medallions or team photographs with a suitable inscription may all be suitable awards.
The acknowledgment of performance by individuals and teams is more appropriately started at older age levels. Again it is appropriate to continue to acknowledge the efforts of all participants. The range and type of individual awards should be carefully considered.
A student from each class at the end of every term will be selected to receive a Fort Street award for sport. The recipient will be awarded this for most improved.

Wet Weather
In the event of wet weather during a scheduled sport time, the class lesson will be adapted to allow the lesson to be conducted in the school hall.
If a school carnival is cancelled due to wet weather, families will be notified upon their arrival at school and standard lessons will take place.

Professional Learning
Teachers’ participation in education and accreditation courses is encouraged. School staff members are also provided with opportunities to further their knowledge and coaching skills through district and state in-service courses. Information on suitable courses that are available can be obtained from the relevant state sporting association or the Office for Recreation, Sport and Racing.
Reference Documents

- Australia’s Physical Activity Recommendations for children and young people

- Getting Australia Active II: an update of the evidence on physical activity and health.
  http://www.nphp.gov.au/publications/wa_index.htm#sigpah

- Systematic review: Enhanced physical education classes in schools are recommended to increase physical activity among young people

- Guidelines for the safe conduct of sport and physical activity in schools (99)