



## **SPORT AND PHYSICAL ACTIVITY POLICY**

### **Rationale**

The Department of Education and Communities mandates that all students are to be involved in 80-120 minutes of Sport per week. Sport can provide many physical, social emotional and mental benefits of those that participate. It provides opportunities for students to utilise community resources, represent the school and be involved in worthwhile physical activity.

*See the Department of Education Sport And Physical Activity policy:*

<https://education.nsw.gov.au/policy-library/policies/sport-and-physical-activity-policy>

### **Outcomes**

- That all students have the opportunity to participate in a variety of physical activity in competitive and non-competitive forms during weekly Sport.
- That all students participate in weekly Sport in a safe and structured manner, enabling time to be effectively utilised.
- That all students have the opportunity to be involved in school carnivals (swimming, cross-country and athletics). Participation in such carnivals may lead to representation at the following levels; Fisher Zone, Sydney South West (Regional), New South Wales (State) and Australian (National) carnivals.
- That all students will have the opportunity to be involved in school representative teams in sports offered by New South Wales Combined High Schools (NSWCHS) and other sporting organisations (see 'Representing the School').
- That all students be given the opportunity to contribute to decision making about sport and be involved in the organisation of weekly sport and lunch time sporting competitions.
- That all students be acknowledge for their achievements and participation through recognition events.

### **Implementation**

#### ***School Sport***

- Sports organisers are appointed to oversee the organisation of sport.
  - They will liaise with the Head Teacher PDHPE, Head Teacher Administration and Senior Executive to have appropriate staff, activities and student numbers attending sport.
  - They will organise and manage weekly sport and student representatives for NSW CHS sports.
  - They are responsible for the organisation and running of Gala Days held annually within the Fisher Zone community of schools.
  - They are not responsible for student discipline.
- Staff are to be provided with information and training for delivering effective sport procedures and activities. This includes managing students in outdoor environments, safety, first aid, organising equipment and teams as well as rules and activities.

- Gala days
  - The organisation and preparation for the Gala days are the responsibility of the appointed Sports Organiser(s). It is important that they oversee the administration leading up to the event and play an active role in promoting participation within the school.
  - In the event that a student is currently on a Warning of Suspension or Causing Concern level, they will forfeit their privilege to participate. The student may protest in this situation to still be eligible for participation; however they will need to state their case to the Senior Executive and the Head Teacher of PDHPE.
  - In the event of an appeal, the Head Teacher of PDHPE must discuss the eligibility of the student with the Senior Executive. The eligibility of a student is ultimately determined by the Senior Executive.

### ***School Carnivals***

- Members of the PDHPE faculty organise school sport carnivals, with assistance of Roll Calls and Year 11 and 12 Sport, Lifestyle and Recreation and Sport Coaching classes.
- Each carnival will be assigned delegates to work as a team to oversee the organisation and facilitation. Organisation includes;
  - Variation to Routine (VTR) forms,
  - Creating, editing and distributing Information note/permission notes
  - Booking venues (12 months in advance),
  - Booking buses,
  - Organising and distributing Staff information packages,
  - Preparation of necessary equipment
  - Preparing First Aid kits
  - Evaluation forms (Staff & Students)
- Staff will help administer each carnival, by being assigned duties for the day, provided with carnival organisation and staff roles. This will work on a yearly rotation.
- All staff will attend the Athletics carnival.
- Staff will be divided and allocated to attend either the Swimming or the Cross Country carnival. Staff not attending the carnival will be participating in school related duties.
- All staff in attendance will be responsible for the running of the carnival on the day. Each staff member will be assigned roles and responsibilities. The job allocation for each year is discussed between the carnival organisation team and the Head Teacher of PDHPE. Any complaints or concerns need to be referred to the Senior Executive at least ONE week before the carnival for any appropriate changes to be made.
- The PDHPE faculty members who are responsible for each school carnival will organise the school's representative team for Fisher Zone carnivals and provide team managers and officials at each carnival.
  - For students who are selected to further represent the school at higher levels - Sydney South West(Regional), New South Wales (State) and Australia (National), Sport Organiser(s) will be in charge of the organisation of;
    - Variation to Routine (VTR) forms,
    - Permission notes and
    - Student information packages
- Team managers need to complete an Event Notification Form of students to be away at least 24hrs before competition dates.

## **School Knockout**

- At the end of the previous year, Sports Organiser(s) send out an expression of interests for staff to partake in the Sydney South West School Knockout Competition. Staff are to nominate sporting teams that they would like to coach to represent the school and Sports Organiser(s) contact the Sydney South West Sports Association the Knockout teams Ambarvale High School will fill.
- The Sports Organiser(s) will provide the coach with the NSW CHS information package and equipment to coach the team.
- The Coach is responsible for organisation of sign up, selection of team, training sessions, liaising with opposing team for appropriate schedule of times, referees and facilities, variation to routine form, permission note(s), safety of students, equipment and transport (if applicable) all in accordance with NSW CHS draw and policy.
- It is the responsibility of the Coach(es) to place announcements in the Student Daily Notices and/ or Fortnightly School Assemblies about promotion for sign up.
- A Coach must have a minimum of two trials. The trials are to be held during school hours to allow for equitable opportunity for all students, unless sign up produces only adequate student numbers.
- Students will be selected on their skills and abilities, seniority, contribution to the sporting field outside the school.
- Coach(es) are to fill out comments section on sign up sheet during trials for selection based on student performance.
- Students have the right to request a meeting with the Coach/Manager along with Head Teacher of PDHPE if they wish to protest the selection of the team.
- A student who is currently suspended will be excluded from trialling in representative teams. A student on a Warning of Suspension or Causing Concern level will also be excluded from trialling based on negative incidents and circumstances around the Warning of Suspension or Causing Concern, however the Coach/Manager may seek exemption on behalf of the student by appealing to the Executive Team (see Representing the School).
- In the event a Coach/Manager wishes to remove a child from the sporting team they are in charge of, the Coach/Manager needs to liaise with Head Teacher of PDHPE and Senior Executive about the issue and provide evidence to support their grounds for the removal of a student from the team. Upon deliberation of all evidence a decision will be made and the student involved will be told via interview with the Head Teacher of PDHPE and Coach/Manager.
- The Coach/Manager needs to provide a roll/register of all students involved in the event and their roles as well as a register of permission notes, monies received and medical conditions.
  - A roll must be marked prior to the event to ensure accurate student attendance, students have returned their permission notes and all medical conditions are known.
- Students are not permitted to leave school grounds to spectate at a school sporting event unless a formal invitation in the form of an approved excursion with parental agreement is in place. Everyone in attendance of the sporting event must have returned a permission note to the Coach/Manager in charge.
- If students attend school sporting events without consent, they will be issued a consequence for their attendance.

### ***Fisher Zone Teams***

- The Sports Organiser will call for the interested students to collect all related information and permission notes for Fisher Zone trials through the use of Daily Notices and School Assemblies.
- Students will be under the care and supervision of the of the Fisher Zone sporting team Coach/Manager.
- Any student who is currently on a Warning of Suspension or Causing Concern level will be unable to take up a position to represent our school.
  - The Coach/Manager may appeal for an exemption due to extenuating circumstances. The executive team will consider their appeal and a decision will be made. (See Representing the School.)

### ***Representing the School***

- Whilst participation in school-based sport is a mandatory curriculum requirement, representing our school at a zone, regional or state level, is a privilege. The school reserves the right to remove a student from a representative opportunity if their in-school behaviour indicates that they are not upholding the positive behaviour expectations of the school. Indicators would include, but are not limited to, negative entries in Sentral, Causing Concern, Warnings of Suspension and Suspensions.
- If a student's representation is in jeopardy, their participation will be raised at an Executive meeting where it will be discussed and decided.
- If a decision is made to remove a student from an external sporting opportunity the student, parent and appropriate external organiser will be informed, and evidence to support the decision will be provided.

### ***Sports Presentation***

- The PDHPE faculty Sports Organisers will organise and manage the end-of-year Sports Presentation Assembly to recognise the performance and participation of students throughout the year. Organisation of the Sports Presentation Assembly should include all certificates, trophies, invitations, Variation to Routine, bookings of venue(s), and digital media presentation.
- Each Coach/Manager will be in charge of sending a list of all students that competed in any sporting team in which they were in charge. Coaches/Managers are responsible for checking names against Sentral to ensure accuracy of student names.
- Coaches/managers will be expected to present awards to their team on the day of the presentation.

### ***Student Misconduct***

- Any student is currently on a Warning of Suspension or Causing Concern card, will forfeit their privilege to participate and are not able to represent the school in any extracurricular activities. These events include, gala days, school sport events/teams, knock out teams, zone teams, SSW teams etc. The student may protest in this situation to still be eligible for participation; however they will need to state their case to Senior Executive and the Head Teacher of PDHPE.
  - In the event of an appeal, the Head Teacher of PDHPE must discuss the eligibility of the student with the Senior Executive. The eligibility of a student is ultimately determined by the Senior Executive.

### **Evaluation**

- Teachers are to be surveyed each year to receive feedback about the strengths and areas of improvement for sport.
- After each school sport carnival, staff will have the opportunity to fill in an evaluation from that will be used to plan further carnivals.
- PDHPE carnival delegates after each carnival are to debrief with the Head Teacher of PDHPE and other faculty members on the success/improvements at the next faculty meeting.