

# ASHBURY PUBLIC SCHOOL

## Sport and Physical Activity Policy

### RATIONALE

Sport and Physical activity is an important part of school curriculum. Sport provides a vehicle for a range of social, physical, cognitive, emotional and moral learning and it supports the development of a healthy lifestyle.

### POLICY STATEMENT

Students participate in a minimum of 150 minutes of planned moderate with some vigorous physical activity across the school week. Planned physical activity includes time spent in physical education, sport and other structured physical activities.

### IMPLEMENTATION

At Ashbury Public School students participate in weekly sport, Personal Development, Health and Physical Education (PDHPE) lessons as well as additional class based physical activities. During set times of the year, specialist programs are implemented such as dance and gymnastics.

Examples of student physical activity breakdowns include:

#### K-2 STUDENT

Physical Education	45 minutes
K-2 Sport	60 minutes
Class based activities	45 minutes

#### YEAS 3-6 PSSA TEAM MEMBER

Physical Education	45 minutes
PSSA Training	45 minutes
Friday PSSA	45 minutes
Class based activities	45 minutes

#### YEARS 3-6 NON-PSSA TEAM MEMBER

Physical Education	45 minutes
3-6 Sport	60 minutes
Class based activities	45 minutes

### Annual Sport Carnivals

Each year students at Ashbury will be given the opportunity to attend three school carnivals:

1. Swimming carnival (Years 1-6); early in Term 1
2. Cross country (students who are turning 8 and older); early in Term 2
3. Athletics (all children); Term 3

These carnivals are organised to maximise participation by all students and those who excel in these events can represent at Zone level carnivals and beyond.

### Primary Schools Sports Association (PSSA) selection

Teachers are responsible for selecting PSSA teams for Friday competitions. The coaches of the teams as well as any other willing and able staff will run trials in school time, giving students sufficient notice, choosing teams and advertising the teams as soon as possible.

Selection is based on merit, meaning the students who the selectors observe are the strongest players and also offer the school the best team will be selected. Teachers will keep an open mind that those who didn't make the team last year might be close enough this year to make it, especially with the improvement that is expected to come with regular training and games.

Juniors are students turning 8, 9 and 10 that year; Seniors are 11, 12 or 13 that year, although in some cases a 10 year old can play in the Seniors teams if they are in Year 5.

At Ashbury, we endeavour to give as many students as possible the opportunity to participate in PSSA teams, offering multiple teams whenever possible. All PSSA students are valued members of their teams and are given game time every week.

## Representative sport

Students have the opportunity to gain representative selection in a number of individual and team sports throughout the year.

Students at Ashbury Public School are given information about trial dates for events and teams from the school Sport Coordinator, Principal and/or School Administration Officer.

Teachers are supported to coach and/or officiate in the Representative School Sport Pathway.

Students could have the opportunity to be selected in teams for gala days and zone teams.

## Responsibilities

The Principal's role is to:

- Lead the development and implementation of this document. This would include operational logistics, safe conduct procedures, resourcing implications, delivery and evaluation processes
- 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 Safety 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 Safety Guidelines**

School Sport Organisers' roles are to:

- Be responsible for the currency of the policy and oversight of support materials
- Liaise between school, Zone and Regional conveners. This includes attending PSSA meetings, checking emails and passing on information to relevant staff; advertising zone 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 the students of Ashbury

Teachers' (and other sport instructors) roles are to:

- Prepare and conduct sessions based on sound coaching and teaching principles
- Encourage participation of all students (including reluctant participants)
- 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 varying needs such as:
  - female students
  - students with disabilities/impairments
  - 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 **Wiley Park PSSA** and **Sydney East Schools Sporting Association** codes of behaviour
- Ensure consequences of inappropriate behaviour are clearly understood and communicated
- Act as a good role model of sporting behaviour

Parents' and carers' roles are to:

- Provide their child with appropriate sport attire, including sport shoes, sunscreen and hat
- Encourage children to be active and open to trying new activities
- Adhere to the **Wiley Park PSSA Code of Conduct** for spectators where applicable by being supportive of both teams and the referee

The student's role is to:

- Participate in physical activities offered at Ashbury Public School to the best of their ability
- Treat others with respect during sport, including team mates, opposition, teachers and referees
- Adhere to the **Wiley Park Sporting Code of Conduct** when applicable
- Be safe, respectful learners during sport whether within or outside of school grounds. A serious breach of the code may result in a student missing out on a representative opportunity in the following week.

## Monitoring, Evaluation and Review

This policy will be reviewed and evaluated every 2 years.

Ashbury Public School will use the following evaluation measures:

- attendance numbers on sport afternoons
- student survey of sport experiences
- cost/benefit analysis of activities
- government priorities
- community needs
- available resources
- adherence to DEC sport and physical activity policy
- teacher professional learning opportunities

## **Links to other resources, related guidelines and resources**

NSW Department of Education Sport and Physical Activity Policy

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

Sport Safety Guidelines

**<https://app.education.nsw.gov.au/sport/Page/1114>**

Student Health in NSW Public Schools: A summary and consolidation of policy

**<https://education.nsw.gov.au/policy-library/policies/student-health-in-nsw-public-schools-a-summary-and-consolidation-of-policy?refid=285835>**

Sydney East Schools Sports Association

**<https://app.education.nsw.gov.au/sport/SydneyEast>**

Wiley Park PSSA Code of Conduct

**<https://www.wileyparkpssa.nsw.edu.au/codes-of-conduct>**