

# PICNIC POINT PUBLIC SCHOOL

## SPORT POLICY



**“Strive to Excel”**

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**Rationale:**

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 with an accepted set of rules. Participation, enjoyment and skill development are essential features of a successful school sport program.

Picnic Point Public School community is characterised by a strong tradition of support for participation in a variety of competitive and recreational sporting activities. As role models, teachers and parents bring enthusiasm, skill, interest and life-long involvement to sport. The culture within the school community is for children to participate to the best of their abilities, aiming for 'Personal Best', whilst at all times displaying a commitment to fair play, team work and sportsmanship.

**Aims:**

- To provide opportunities for students to gain confidence and to develop a variety of skills for participation in life long learning, recreation and sporting activities.
- To provide competition opportunities in sport, which stimulate and challenge students.
- To develop in each student the knowledge & understanding; skills, values & attitudes needed to lead healthy, active and fulfilling lives.
- To foster a commitment to the ideal of 'Personal Best'.

**Outcomes:**

Through participation in planned activities students will work towards the achievement of these outcomes:

- Performs fundamental movement skills with equipment in minor games. (PD/PE/Health Syllabus: Stage 1)
- Participates and uses equipment in a range of games and modified sports. (PD/PE/Health Syllabus: Stage 2)
- Demonstrates mastery of fundamental movement skills such as throwing, catching, kicking, jumping, running.
- Applies movement skills in games and sports that require communication, cooperation, decision-making and observation of rules. (PD/PE/Health Syllabus: Stage 3)

**Implementation / Procedures:**

- The Sport Program is implemented with reference to *Games and Sports Strand* of the *PD/Health and PE Syllabus 2000*.
- Active teaching and supervision by teachers is essential for the realisation of the aims of sport.
- Each year a teacher will be asked to undertake the role of Sports Coordinator with responsibility for PSSA Coordination; Sports Budget and Equipment. Another teacher

will be asked to assume responsibility for School Sport Coordination 3-6. A K-2 teacher will coordinate Sport activities in that area of the school. These teachers will comprise a Sport Committee.

- Class timetables will allocate time for Sport, as distinct from Physical Education lessons, each week. The duration of such times may vary in different Stages and will need approval from the Principal.
- Senior students will be given leadership roles as 'House' Captains and Sports Equipment Monitors.
- The following Appendices outline the procedures used for components of the Sport Program.

#### Appendices:

- #1 - PSSA Competition
- #2 - Codes of Conduct
- #3 - Awards and Recognition
- #4 - School Sport 3-6
- #5 - School Sport K-2
- #6 - School Swimming Scheme
- #7 - Gymnastics
- #8 - Carnival Organisation
- #9 - Basketball Academy

#### References:

- Personal Development /Health /Physical Education Syllabus 2000
- Guidelines for Safe Conduct of Sport and Physical Activity in Schools
- East Hills Zone PSSA Handbook
- Sydney South West Area PSSA Handbook
- New South Wales PSSA Handbook

#### Relevant Memoranda:

- Excursion Memo: (Including Emergency Care / CPR)
- Child Protection:
- OH&S:
- Sun Safe:

This document was written using the expertise of the following teachers: Mr. G Hidson, Mr. I Adamson, Mrs. M Austin, Mrs. K Clark, Miss R Tappin, Miss P Chatterton and Mrs. V Rowling.

**Appendices:**

**Appendix 1:**

**Primary School Sports Association (PSSA) Competitions**

- Representing Picnic Point Public School is a privilege made available through dedicated teachers working above their normal workloads.
- All children 3 – 6 have the opportunity to trial for school representation in the East Hill Zone PSSA competitions held Friday afternoons (1.00pm-2.30pm).
- Age Groupings: Junior – 8 / 9 / 10 year old                      Senior – 11 / 12 / 13 year old.
- Age relates to the age turned in a particular year.
- The competitions held at present in the East Hills Zone are:

Season 1	Season 2	Season 3
Rugby League (boys)	Boy’s Soccer	Cricket mixed
Netball (girls)	Girl’s Soccer	Boy’s Softball/T-Ball
Newcombeball (mixed)	Boy’s Basketball	Girl’s Softball/T-Ball
	Girl’s Basketball	Girl’s Touch

- All sports will have a junior and senior element.
- Teachers coach all PSSA teams. Parents with relevant expertise may be invited to assist the teachers.
- Costs may be incurred to cover the charges for bus travel and / or the hire of venues.

Team Entry:

- Teams will only be entered into the PSSA competition if there is a willing and suitably qualified or experienced teacher, as approved by the Principal, to coach and supervise the students selected.
- A K-2 teacher may take responsibility for a team if there is a 3-6 teacher who is willing to take the K-2 class for the Friday session.
- Extra teams may be entered in an East Hills Zone competition if:
  - The draw for a particular sport has a vacancy and our school is invited to enter by the East Hills Zone PSSA Executive.
  - We have a willing and qualified teacher available.
  - There are sufficient numbers of children still available.
  - The number of teachers required to provide quality programs back at school is not jeopardised. (1 teacher per 25 students.)

### Selection of Teams:

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- Teachers give up their own time to select and train a PSSA team.
- The teacher in charge of that team is responsible for the selection criteria.
- The teacher may base their selection process on: ability/skill level; behaviour; social interaction; self-esteem; sportsmanship; team work.
- The selection process is based on a number of sessions set out by the coach. These sessions will look at a number of skills relevant to the sport.

### Parental Involvement:

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- Parents may be invited to participate in PSSA skill development at the request of the team's teacher. These parents are chosen based on qualifications, expertise and experience.
- Umpiring of PSSA games by a parent needs to be in accordance with the relevant PSSA guidelines from the Zone / Area / State the competition is being played under. Both schools must agree that the umpiring parent is suitable.

### Permission Notes:

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- Parents will be notified of up-coming opportunities for their child to try-out for a PSSA team. This notification will include likely costs, necessary equipment and training schedules involved for selected team members. A child without parental permission will be excluded from any such trials.
- A permission note will then be necessary for the selected team members. These permission notes will be written using the 'Guidelines for the Safe Conduct of Sport and Physical Activity In Schools' folder. (Principal's Office). This permission note will include a copy of the Players & Parents/ Spectators Codes of Conduct which must be signed before participation will be allowed. Failure by a student or parent to adhere to these codes will result in the suspension of the student concerned. Details will include: costs / travel arrangements / training schedules / uniforms / draw if possible. The note will also include a reminder of: NO Money NO Play / NO Uniform NO Play. Each teacher taking a PSSA team will adhere to these stipulations throughout the season.

### Team Uniforms

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- Students representing the school will be expected to wear their school sports uniform, including hat. Additionally any sport specific requirement will need to be adhered to.
- The school will supply team uniforms as required for each sport e.g. soccer shirt, netball bib, league jerseys, basketball tops.
- It is the student's responsibility to ensure that correct uniform is brought to school on game day. One warning will be given. Following a second breach the student will be stood down for that week.

## Equipment

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- The school will supply the necessary basic equipment for each sport/team representing the school in PSSA competitions, e.g. cricket balls, bats, netballs etc.
- The school will also supply any necessary safety equipment, e.g. batting helmets, catcher's guards.
- Students will be responsible for any personal safety equipment e.g. mouth guards, shin pads, personal protectors.
- Students may utilise their own equipment e.g. cricket bat, softball glove. This equipment should be suitably labeled and will be the sole responsibility of the student.

## Carnivals

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- Carnivals are held for Swimming, Cross Country and Athletics for 8 – 13 year old students regardless of which grade they are in. From these carnivals, students are selected to represent the school at the Zone Carnivals. The school enters competitors in accordance with the Zone guidelines, which may vary from carnival to carnival.
- Carnivals are organized by teachers and are run with the help of parent volunteers, where needed.

## Zone Representation

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- East Hills Zone PSSA will conduct trials each year for sports in which they have appointed a suitable teacher as Convener and will be entering a team in Area Championships. Schools will be asked to select and send along for selection suitably talented students for that sport/team.
- Excluding Swimming, Cross Country and Athletics where selection is dependent upon results and qualifying standards – selection to attend Zone try outs in a particular sport is a decision made by the responsible teacher/coach from the school taking into consideration the skills, talent, behaviour and sportsmanship of individual students.
- Students who represent the East Hills Zone will receive a representative patch for that sport.

## State Knockouts

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An individual teacher may enter a team in a PSSA State Knockout competition only if that teacher is willing to train the team and is also prepared to travel away with that team for an extended period of time. (Up to 4 nights)

## Student Funding for NSW PSSA selection

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Any student who is selected in a NSW PSSA team may be entitled to the following funding:

- A \$ 50 donation from the P & C. Principal will notify P&C President.
- The school will support fundraising activities organised by the competitor/athlete and approved by the Principal.
- These activities to be coordinated by an appropriate teacher.
- All monies raised will be split proportionally amongst any competitor who reaches this level of representation.
- Where more than one child has achieved State selection any additional funds raised beyond the target amount will be re-directed to P&C for future sporting allocation.

## Appendix 2: Codes of Conduct

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### Player's Code of Conduct

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"It isn't whether you win or lose, but how you play the game."

- Play for the fun of it.
- Compete by the rules and always abide by the referee's / umpire's decisions.
- Control your temper. Make no criticism either by word or gesture.
- Work equally as hard for yourself and your team. Your team's performance will benefit and so will your own.
- Be willing to train and prepare for the game. Preparation helps prevent injury.
- Be a good sport. Encourage fellow team members.
- At all times co-operate with your coach, team mates and opponents. Without them you do not have a competition.
- Remember the goals of the game are to have fun and improve your skills. Be modest in success and gracious in defeat.

### Parents / Spectators Code of Conduct

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"If children participating in sport are to develop basic skills and experience the fun of playing, they require thoughtful and purposeful adult assistance."

- Do not force an unwilling child to participate in particular sports.
- Remember your children are involved in organized sport for their enjoyment and fulfilment, not yours.
- Encourage your children to always play by the rules.
- Teach your child that honest effort is as important as winning.
- Encourage your child to work towards skill improvement and good sportsmanship.
- Remember that children learn best by example. Applaud good play by your team and by members of the opposition team.
- Do not question the official's judgement and never their honesty.
- Appreciate the contribution and commitment of teacher – coaches. They give of their time and resources to provide sporting activities for your child.



- Have realistic expectations for your child and their team. Do not expect more than they can give.

### Teacher-Coach's Code of Conduct

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A teacher sets the example of fairness and good sportsmanship, exhibiting a genuine respect for each child and expecting the same from each.

- Encourage students to develop basic skills and avoid over specification in positional play during their formative years.
- Create opportunities to teach sportsmanship, just as you would in teaching the basic skills- Teach your players to play by the rules
- Avoid over playing the talented players.
- Remember that students play for fun and enjoyment and that winning should not be over emphasized.
- When planning training sessions take into consideration the maturity level of the players.
- Develop team respect for the ability of opponents, as well as for the judgement of officials and opposition coaches.
- Remember that students need a coach they can respect. Be generous with your praise when it is deserved and set a good example.

## Appendix 3: Awards and Recognition

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### Recognition – Sports reports and results.

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Student achievements will be recognised at school assemblies, in 'Kalori' and the Annual School Report.

### Awards

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- Outstanding Sports Achievement
  - Outstanding sports achievement awards are given at the end of each school year. These awards are presented to Year 6 students (Boy & Girl).  
The selection criteria for the award is a cumulative points system:
    - 1 point for participating in school carnivals
    - 2 points for representing the school at East Hills Zone level
    - 3 points for representing the Zone at Sydney South West Area level
    - 4 points for representing the Area at NSW State level
    - 5 points for representing the State at National level
- Certificates are awarded to students who compete at State PSSA level in any sport.
- School Trophies for Swimming, Cross Country and Athletics are awarded to the Champion Boy and Girl in Year 6 for each of those three sports.
- Ribbons (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>) are awarded to placegetters in events for Swimming, Cross Country and Athletics.

#### **Appendix 4: Friday 3-6 School Sport – Skills, Fun, Participation, Games and Competition**

Those children not taking part in PSSA sport on Friday afternoons take part in organised school sport. The activities are designed to develop each student’s competence and confidence in a broad range of games, sports and physical activities. Students develop fundamental movement skills, progressing to more games and sports specific skills in non-competitive situations that foster positive feelings of success and enjoyment.

These activities may include games / sports such as soccer, athletics, Oz Tag, t-ball/softball, ball games, basketball, newcombeball, swimming, cricket, la cross, hockey and tennis. Recreational sports such as Tennis, Gymnastics may be included in the program and taught by coaches brought into the school.

The School Sports uniform is the required clothing. Hat must be worn.

Sport specific Development Officers or coaches may be used to instruct students in selected sports. Costs for the use / employment of such outside staff will need to be met by Parents. Any outside person brought into the school to work with students will be required to meet DET requirements for Child Protection.

Parents may be used to assist with these lessons. Such parents are also required to meet DET requirements for Child Protection.

#### **Appendix 5: K-2 School Sport**

##### Early stage 1:

- Kindergarten develop a range of gross motor skills including jumping, balancing, running, throwing, catching and striking in a setting which allows the necessary time, support and success to practise and master these skills as outlines in the “Games and Sports” section of the PD/H/PE Syllabus Early Stage 1.
- Parents are invited to assist in weekly lessons to help facilitate the development of confidence in individual and team situations.
- YMCA gymnastics

##### Stage 1:

- Focus on the development of the skills of throwing, catching and striking as outlined in the PD/H/PE Syllabus: Stage 1
- Simple (minor) games using the above skills
- Simple relays using a variety of motor movements
- Aerobics
- Folk dancing
- Gymnastics

## **Appendix 6: School Swimming Scheme**

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Learn to Swim classes are provided free of charge through Department of Education Swimming Teachers. This program is funded and coordinated through the School Sport Unit.

Each year the school will apply to take part in this scheme. Students targeted will be from Year 2 and above, especially those who are identified as non-swimmers and/or in need of developing skills in order to feel confident in the water. Teachers from Picnic Point will take part in the lessons and supervise students as they are transported to the pool.

Parents will be required to meet the cost of transport to and from the pool.

## **Appendix 7: Gymnastics**

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Children from K - 4 attend an 8 week gymnastic program at the Revesby YMCA. At the end of each program parents are invited to view an open session. Scheduling will be made with reference to whole school planning.

## **Appendix 8: Carnival Organisation**

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The carnival organiser will (in co-operation with the school executive) determine the date on which the carnival will be conducted. He/she is then responsible for:

- Booking the venue and buses and distributing permission notes if necessary.
- Where the carnival is to be held on school grounds, arrange for the set up of such.
- Prepare necessary equipment
- Assign teacher responsibilities
- Manage the school swimming/cross country/athletics team

## **Appendix 9: Basketball Academy**

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The Basketball Academy program is an initiative of the Bankstown Basketball Association and is available to all children from Years 3 – 6. It offers coaching and competition with an emphasis on skills development. All occur on Monday afternoons at Bankstown stadium. Players are required to pay a personal registration per season and weekly court fees. Costs are met by parents.