



Sport Policy

BOS Manual, 3.6.2

Related policies:

Student Welfare Policy
Risk Management Policy
Excursions Policy

RATIONALE

Regular participation in physical activity during childhood is associated with a range of physical and mental health benefits both in childhood and in adulthood. Active children become healthy adults and schools play a key role in contributing to that outcome.

Participation in a safe environment provides opportunities for students to enjoy the experience and excitement of physical activity, to develop skills, interact socially and achieve personal goals. Participants who enjoy and are satisfied with their experience are more likely to be physically active.

AIM

The aim of this policy is to provide a framework for student participation, supervision requirements, equipment specification, venue requirements and safety procedures for sport and physical activities undertaken at Coffs Harbour Christian Community School (CHCCS). The Sports Policy framework provides for specific **Sports Administration and Safety Guidelines** for:

- the Junior School; and
- The Middle and Senior Schools (Bonville Campus)

IMPLEMENTATION

Sport has many benefits to the development of students' motor skills, physical fitness and social skills. The purpose of Sport at CHCCS is to encourage students to develop their skill level and understanding of an array of different sports. With this goal in mind, students will also receive the health and social benefits that are related to participation in sport and physical activity.

This is achieved in Middle School by organising students into small-sided games that encourage maximum involvement and participation. In Senior School, students are allowed to select their sport of choice, encouraging maximum participation and enabling students to explore a variety of physical activity options available in our local area.

Students will be encouraged to participate in physical activities beyond the school environment, such as organised weekend sports and recreational sporting activities. It is hoped that the fostering habits of physical activity in our students will lead to healthier lifestyle choices, improved physical fitness and the development of successful social skills.

1. Physical Activity in Schools

Physical activity is an “umbrella” term that includes exercise, fitness activities, active recreation and sport with supervision provided by teachers and instruction provided by either teachers or other adults who are appropriately qualified.

These activities will usually be engaged in during teaching/learning situations and whole school activities and will usually involve:

- Organised training or practice and organised competition, for example, athletics, gymnastics, ball games such as tennis, cricket, netball, basketball and all codes of football, or
- Organised and structured physical recreational activities, for example, swimming, abseiling, surf board riding, skate boarding, bushwalking and canoeing.

2. Safe Participation and Managing Risk

Physical activity in the school setting takes place in a variety of contexts and includes formal inter and intra-school competitive sport, physical education, formal and informal recreation activity, general leisure activity, fitness activities and adventure sports.

Effective safety measures are based on an understanding of the inherent nature of the activity or sport, its players or participants and the external environment. An important injury countermeasure is the use of protective equipment. Suitable protective equipment is provided for students participating in physical

activities at CHCCS. Students should provide their own personal protective equipment, such as mouthguards, where they are recommended for specific sports.

For each sporting activity undertaken at CHCCS (including school activities undertaken off-site), appropriate risk management procedures must be followed, including the identification of risks specific to the activity (including transport to and from venues, the activity itself, and contact with the general public). Suitable risk management reviews and associated documentation are available from the Sports Coordinators.

3. Weekly Sport Programs

3.1 Junior School

Junior School sports days are timetabled during 1:45pm to 3:15pm each Friday. Students also participate in Physical Activity (PE) classes timetabled for 30 minutes per week.

The Personal Development/Health/PE program promotes lifelong participation in physical activity through the development of attitudes, skills and movement competence. The program helps young people learn about factors, including nutrition, and safety that promote and protect the physical, social and emotional health of individuals.

Active participation in sport encourages students to develop the knowledge, skills and behaviours that enable them to

- Maintain good health and live a healthy lifestyle
- Understand the role of physical activity in ensuring good health
- Engage in physical activity which assists in the development of fitness.

The school provides a variety of sporting activities including:

- K-2 PD/Health/Sport Program
- K-2 Sport
- Years 3-5 Sport
- Years 3-5 PD/Health/PE Program.

Sports Carnivals include:

- School Swimming with opportunities to participate at Zone and State levels.
- School Cross Country with opportunities to participate at Zone and State levels.
- Athletics Carnival, with opportunities to participate at Zone and State Levels.

The Sports Master is responsible for coordinating the school's athletic, swimming, inter-school and intra-school sports programs.

Active After-School Community takes place on Tuesdays and Thursdays.

Students are encouraged to develop and maintain their own satisfactory level of fitness through active participation in community sporting activities.

Junior school students enjoy a variety of sports during the year. During Terms 1 and 4, students can choose from a selection of sports options at external locations and at a range of costs, such as fishing, dancing and a variety of team sports and games. Participation meets NSW curriculum outcomes.

Students choose their preferred sport and, subject to availability are given one of their options (Year 5 have priority).

During Terms 2 and 3, sports are team-based activities that include safe stretching techniques, skill development activities. Students also learn to play games with safety, fair play and teamwork. The team-based activities develop and influence the benefits of participation, roles/responsibilities, effort and practice, competition and rules, tactics and strategies.

Activities are structured by rotating through different sports to give exposure to different skills and games. They provide:

- Small groups with mixed abilities;
- An introduction to skills specific to the designated sport;
- A relaxed, but competitive atmosphere;
- Modified rules to ease confusion and allow for continuous skill development; and
- Older students (usually Year 5) with the opportunity to learn the skills of responsible leadership.

For a complete description of sport programs and sports administration matters, refer to the **Sports Administration and Safety Guidelines**.

3.2 Middle School

Middle School sports days are timetabled during Periods 5 and 6 on Wednesdays. Students also participate in Physical Activity (PE) classes timetabled for 1 Period per week.

Middle School Students enjoy a variety of sports during the year. During Terms 1 and 4, students can choose from a selection of sports providing a range of costs, opportunities and options for them.

Students choose their preferred sport and, subject to availability, are given one of their options. (Priority of choice is given to Silver and Gold awardees.)

During Terms 2 and 3, sports are based on the Sport Education Model that has been successfully implemented in the Middle School Sport Program. It is a system that is characterised by:

- Smaller teams with mixed ability groups
- Greater participation, in a relaxed, but competitive atmosphere
- Modified rules to ease confusion
- Older students (usually in Year 8) becoming a responsible part of the organization and refereeing.

For a complete description of sport programs and sports administration matters, refer to the **Sports Administration and Safety Guidelines**.

3.3. Senior School

Senior School sports days are timetabled during Periods 5 and 6 on Fridays. Students also participate in Physical Activity (PE) classes timetabled for 1 Period per week.

For a complete description of sport programs and sports administration matters, refer to the **Sports Administration and Safety Guidelines**.