

Physical Education Policy

Rationale

Physical education is an important component of Australian life and is a significant element in the school's curriculum. Physical education is an integral part of an individual's development, and provides a unique learning environment to realize immediate and long-term social, physical, aesthetic, emotional and moral benefits.

Healthy competition, teamwork, the development of individual skills, self-discipline and social contact with other schools are all seen as important elements in the educational program. Physical education plays a vital role with lessons in working with peers towards a common goal.

Physical education is a compulsory component of the school curriculum. All students will participate in annual swimming, athletics and cross-country carnivals.

Aim

The aim of physical education is to promote:

- ➔ Pleasurable involvement in physical activity
- ➔ Cognitive, aesthetic, expressive, physical, social and moral development
- ➔ Fitness and health
- ➔ Positive attitudes and good 'sportsmanship'

At St Philomena's the purpose of physical education is to:

- ➔ Increase students' awareness of the benefits of fitness and recreation
- ➔ Develop students' skills so they can participate successfully in a wide range of physical activities
- ➔ Provide students with the opportunity to engage in activities that emphasize broad participation, enjoyment and achievement
- ➔ enable all students to be involved in competitive, physical and recreational activities

Catholic Philosophy of Physical Education

The Church establishes her own schools because she considers them to be a privileged means of promoting the formation of the whole person.

Catholic school physical education aims to create an atmosphere permeated with the Spirit of Christ, whereby opportunities are provided that will promote the harmonious growth of each individual. In so doing, we as educators accept that individual growth is a complex process.

This process has as its fundamental aim that children's physical education is to provide for involvement in physical activity in a way which promotes immediate and long term benefits for participants. These benefits will be observed in terms of high levels of fitness, better health, pleasurable social involvement and the satisfaction derived from skilled performance in individual and group activities.

Catholic schools physical education should strive to:

Create an environment that fosters in each student sensitivity to, an appreciation of, and respect for the physical well-being and good health of one's self and others;

Establish an environment in which each student is accepted as a unique individual so that all students will develop a positive self concept, with strengths and weaknesses so that individual capacities and abilities may be accepted and developed;

Provide experiences that would enable all students to explore the full potential of their sporting gifts and to strive always to do their best with enthusiastic participation

Provide situations through cooperation, participation and skills practice in which the student is assisted to cope with success and failure

Develop the sporting potential of each student by guidance and example, teaching the correct skills and techniques required so as to provide a confident framework for lifelong leisure pursuits

If the extent to which the Christian message is transmitted through education depends to a very large extent on the teacher, then it is essential that all teachers, parents, coaches, managers and spectators share this same philosophy.

Roles

The principal shall be responsible for

- ➔ determining the sporting associations to which the school is affiliated
- ➔ notifying the sports/activities coordinator of staff who are to be allocated to physical activities and activities groups

The physical activities coordinator shall be responsible for

- ➔ organizing whole school sporting carnivals
- ➔ ordering equipment for physical education and activities
- ➔ supervising the selection of students for representative physical activities
- ➔ determining the individual physical activities that will be offered on Wednesday mornings (secondary)
- ➔ advising parents of the choices, locations and costs of the various physical education activities
- ➔ allocating staff to physical education activity groups for which they are qualified
- ➔ allocating students to physical activity groups
- ➔ obtaining parental permission for students to participate in particular physical activities
- ➔ providing alternate arrangements for students who may be unable to participate in their normal physical activity
- ➔ maintaining attendance records of students in individual physical activities groups
- ➔ providing first aid kits for each physical education team playing at an outside venue
- ➔ informing office of outside venue that need to be booked
- ➔ liaising with finance officer on costing
- ➔ booking of venues for physical activity and education
- ➔ collecting sufficient funds to meet the costs of the physical education and activities
- ➔ to inform teachers/students/coaches of the guidelines for the safe conduct of physical activity relevant to the physical activity. They will be teaching whole school and assembly.
- ➔ if required completing excursion and risk management forms

Physical education and activities teachers shall be responsible for

- ➔ maintaining safe and well stocked physical education equipment
- ➔ actively supervising students in their care
- ➔ ensuring that students wear the correct uniform for their physical activity
- ➔ maintaining an accurate attendance record of students
- ➔ publicizing the achievements of their physical activity group in the school newsletter
- ➔ providing physical activities coaches which in turn will be responsible for
 - maintaining a current coaching certificate (at least level 1)
 - maintaining a current first aid certificate
 - adequately training students in the selected physical activity
 - ensuring that students wear suitable protective gear for their physical activity

Implementation

- ➔ physical education is a compulsory component of the school curriculum
- ➔ all students will participate in annual swimming, athletics and cross country carnivals
- ➔ opportunities are available for students to participate in a wide variety of physical activities at varying levels
- ➔ any teacher/coach and sporting professionals who teaches physical education must be aware of the guidelines for the safe conduct of physical education in catholic schools
- ➔ Selection and participation in interschool activities, St Philomena's School representative teams, diocesan teams – will be based on
 - 1 individual student participation across the broad spectrum of physical activities that is scheduled within the teaching and learning program for each year level.
 - 2 effective commitment and participation in all other areas of the school curriculum
 - 3 maintaining a positive and acceptable standard of behaviour
 - 4 demonstration of commitment to training opportunities

Primary

- ➔ All students are engaged in 180 minutes of PDHPE (120 minutes Physical activity and 60 minutes of Personal Development) which includes a significant part of active physical education) each week
- ➔ K-2
- ➔ 3-6
- ➔ physical education is organised by the grade/stage teachers in accordance with the curriculum. It is a continuation and extension of the PDHPE curriculum
- ➔ students can volunteer for selection in school teams to compete against other local and regional school teams
- ➔ each year St Philomena's will compete in the McKechnie (swimming) and Heffernan (athletics), St Philomena's will compete in the Ticehurst Cup against Holy Trinity each year in a variety of sports. Each school hosts alternative years.

- ➔ students have the opportunity to represent the school on an individual or team level. Progression is as follows:
 - School – Interschool - Diocesan – Polding – PSSA – Nationals
- ➔ all infants students will participate in a water awareness program during term 4
- ➔ any student from 3-6 unable to swim will be required to participate in this activity depending on the availability of staff

Secondary

- ➔ all students are engaged in one hundred minutes of physical education activity each Wednesday.
- ➔ A selection of physical education activities will be made available for students to choose from each term.
- ➔ Physical education is organised by the school physical education coordinator and each individual physical activity is taken by a secondary class teacher.
- ➔ Specialized physical activities will be taken by skilled professional people
- ➔ Students can volunteer for selection in school teams to compete against other local and regional school teams

Students have the opportunity to represent the school on an individual or team level. Progression is as follows:

School – Diocesan – Combines Catholic Colleges – NSW all Schools – School physical education Australia

Specific physical activities allow skilled students to nominate themselves on an individual level to gain selection to the combined catholic college's level, as per the NSW Combined Catholic Colleges Sports Association Journal.

Representative Physical Education

Selection into representative teams will be based on the following criteria:

- ➔ Students who have been selected to represent the school at a Diocesan level, must make a commitment, if chosen to progress to the next level of competition.
- ➔ Failure to do so will result in that student not being able to represent the Diocese for a period of time as determined by the Principal and Physical education Co-ordinators.
- ➔ If a primary student has been selected to compete in a Polding event or higher it is the responsibility of the parent to make travel and accommodation arrangements.
- ➔ If a secondary student has been selected to compete in a Catholic Combined Colleges event or higher they have the choice of making their own travel and accommodation arrangements or travel and stay with the team.
- ➔ Selection and participation into interschool activities, St Philomena's School representative teams, Diocesan teams – will be based on:
 - Individual student participation across the broad spectrum of physical activities that is scheduled within the teaching and learning program for each year level

- Effective commitment and participation in all other areas of the school curriculum
- Maintaining a positive and acceptable standard of behaviour
- Demonstration of commitment to training opportunities

Uniform

Students are expected to wear full school sports uniform while participating at school and at representative level. Uniform must be worn to and from the event.

School sports uniform consists of:

- ➔ **Primary**
 - Blue shorts/skirt
 - Red school polo shirt
 - Blue tracksuit/school jumper/jacket
 - No jewellery
 - White socks
 - School hat
- ➔ **Secondary**
 - Blue shorts/skirt with no brand logo
 - Red school polo shirt
 - Blue tracksuit
 - School jersey
 - School sport socks
 - No jewellery
 - School cap

Sporting Equipment

- ➔ Basic sporting equipment will be supplied by the school. Equipment can only be borrowed by the class/grade PE teacher. The class teacher must complete the sports equipment borrowing register when doing so.
- ➔ All sporting equipment is kept in the sports storage facility. To obtain equipment, teachers must access the key through the PE coordinator or school office.
- ➔ Any damages to equipment should be reported immediately to the sports coordinator.
- ➔ Specialist protective equipment such as mouth guards and protectors must be supplied by the parent/guardian.
- ➔ The PE coordinator is in charge of supplying a bag of sports equipment to each infants/primary grade at the beginning of each term. Equipment is collected at the end of each term.

NB: what about specific physical education for Secondary who need to bring in own equipment

Travel

- ➔ All students are expected to adhere to the code of conduct at all times (see above). The cost of participating in physical education (travel and accommodation) is the responsibility of the student. This cost may be subsidised by the school, in special circumstances.

- ➔ All sport levies are the responsibility of the athlete and is usually combined with the cost of the sporting trip
- ➔ All monies and permission consent forms are to be returned to the office in a sealed envelope, at least 1 week prior to the event. It is the responsibility of the sports coordinator to collect monies/permission-consent forms from the office.
- ➔ Once selected students are liable for all costs. Students withdrawing from a team will only be refunded their money if an acceptable reason is given for such withdrawal.
- ➔ When representing St Philomena's at a sporting event that requires travel, students must travel by transport organized by the school.
- ➔ In exceptional circumstances parents may be required to transport students to a sporting event. This shall occur only at the discretion of the Principal.

Supervision

Students will be actively supervised at all times. Staff involved in physical education are expected to be qualified in first aid and resuscitation, with CPR and resuscitation updated yearly. Staff who coach teams will have appropriate coaching qualifications. Staff will stay with students until the last student has left from any training session or match or has been picked up by parents on return from a sporting excursion. Any accidents or incidents are reported to the teacher in charge of physical education with accidents to be recorded in the accident report book kept in the school office. In the event of an emergency, staff will look after the welfare of the students and then will contact the school. To enable such contact, the school mobile phone should be taken on all sporting excursions with the phone turned on to allow the school to contact the group if necessary.

The teachers in charge also must carry the register indicating those students attending the event with specific medical problems.

The excursion policy will be adhered to re notification, permission notes, etc.

Immediately prior to departure, a list is left at the school office indicating which students are involved in the sporting excursion and those who are absent

Supervision of excursions and water activities.

In response to the Coroner's recommendations in 1994 following an inquest into the death of a student by drowning on a school excursion, schools are directed to comply with the following procedures:

- ➔ Parent/Guardian consent for each individual excursion, including explicit approval for all water activities together with provision for parent advice and information about a child's ability to swim.
- ➔ A teacher with resuscitation training ie Cardiopulmonary Resuscitation (CPR), must accompany all water excursions
- ➔ A teacher with CPR training must accompany overnight excursions
- ➔ All excursions must be accompanied by someone with first aid knowledge (emergency care).

Students Health and Safety

All physical education is to be played within the rules with equipment to be used in the correct safe manner. All supervising staff are expected to be aware of correct

safety procedures. These safety procedures will be taught to all students. Students who deliberately or continually breach the rules and/or display bad sportsmanship are to be removed from the game with the incident to be reported to the Teacher in charge of physical education for further action to be taken if required.

Students who are injured while playing physical education are to have their injury assessed by an appropriately qualified person who will determine if the injured student is able to continue in the game. A basic first-aid and an asthma kit are to be taken to all sporting events (training and matches) with all treatment to be given by qualified staff only.

Parents are reminded that the school is not liable for any medical expenses as a result of injury suffered from physical education. Ambulance cover is provided by the school and all students in the school have 24-hour cover for personal injury and accident through Catholic Church Insurance (CCI).

Students are encouraged to wear appropriate protective equipment in all physical education. If playing contact physical education, students are advised to wear a properly fitted mouth guard. Students are also encouraged to have their own water bottle for hydration during physical education. It is unhygienic to share water bottles and students are strongly advised not to share drink bottles. Any student who requires strapping (eg ankles) before participating in physical education is strongly advised to have the strapping done prior to the event by a qualified physical education trainer or physiotherapist. It is unreasonable for students to expect staff to strap them and staff are strongly advised against strapping students unless qualified to do so.

While many students suffer from asthma, in most cases, normal participation in physical education can occur. Proper management of a student's asthma requires students to have their medication (puffers) with them at all times. During physical education the asthmatic student should carry their puffers with them if possible or give them to the supervising teacher. For hygiene reasons, puffers should not be shared but in an emergency another student's puffer may have to be used if student's own puffer is not available.

Students who suffer from epilepsy must be closely supervised at all times, particularly in water physical education where constant supervision is required by an adult.

When students are unable to participate in physical education they must have a note from their parents explaining the reason for their non-participation. This note must include detailed information as reasons such as 'medical reasons' are not satisfactory and further explanation from parents may be sought as all notes will be filed. Students who frequently miss physical education will be asked to provide further documentary evidence (eg medical certificate) for their non-participation. While not all students are able to play physical education, there are other roles such as scoring and umpiring that students can fill.

Sun Protection

St Philomena's is committed to promoting the awareness of the danger of exposure to the sun and ensuring a positive attitude and responsible behaviour towards skin protection.

All outdoor events should implement the following strategies:

1. teachers and officials be role models by

- a. slip on a shirt with collar and sleeves
 - b. slop on a broad spectrum 15+ sunscreen
 - c. slap on a broad brim hat
2. ensure there is shade provision for competitors and spectators.
 3. if possible, schedule events earlier in the morning or later in the afternoon to avoid the midday sun.
 4. be sun smart even on a cloudy or cool day. Ultra violet rays can be harmful all year round.

Code of Behaviour

To represent the school in any physical education activity is to be seen as a privilege and an honour, not a right. Only those who have the right attitude and commitment will be selected to represent the school.

While representing the school, students will abide by the code of conduct set down by the schools Pastoral Care Policy. Breaches of such a code may mean short or long term suspension from representing the school.

Competitors

All competitors are bound by their initial commitment, which demands a standard of behaviour equal to that of their representative status. Competitors are expected to display appropriate behaviour whilst in transit and at venues during any physical education event. The coach or accompanying staff will determine the appropriateness of behaviour. Misbehaviour by any student should be reported to the principal or deputy principal and dealt with according to the code of conduct policy.

All competitors must:

- ➔ Play by the rules
- ➔ Learn to enjoy all games that they play
- ➔ Never argue with an official. If you disagree, have your captain, coach or manager approach the official during a break or after the game.
- ➔ Control your temper. Verbal abuse of officials or players, deliberately distracting or provoking an opponent is not acceptable or permitted in any physical education
- ➔ Work equally hard for yourself and for your team. Your team's performance will benefit ...so will you.
- ➔ Be a good sport. Applaud all good players whether they be on your team, opponent or the other team.
- ➔ Treat all players as you would like to be treated. Do not interfere with, bully or take unfair advantage of another player.
- ➔ Co-operate with your coach, team-mates and opponents. Without them there would be no game.
- ➔ Place in proper perspective isolated incidents of unsporting behaviour rather than make such incidents the "highlight" of the event.

Teachers Will

- ➔ Encourage children to develop basic skills in a variety of physical educations and discourage over specialization in one physical education or in one position.

- ➔ Create opportunities to teach appropriate sports behaviour as well as basic skills.
- ➔ Make sure that skill learning and appropriate physical education behaviour have priority over highly structured competitions.
- ➔ Prepare children for school, Diocesan, Polding and PSSA competitions, by first providing instruction in the basic sports skills.
- ➔ Make children aware of the physical fitness values of physical education and their life long recreational value.
- ➔ Make a personal commitment to keep yourself informed of sound coaching principles and the principles of physical growth and development.
- ➔ Help children to understand the fundamental differences between the games they play and professional physical education.
- ➔ Help children understand the responsibilities and implication of their freedom to choose between fair and unfair play.

Parents Should

- ➔ Encourage students to participate. However, they should not force a child who is not willing.
- ➔ Focus on the child's participation, enjoyment, effort and performance rather than the outcome of the event. This assists the child in setting realistic goals related to his/her ability by reducing emphasis on winning.
- ➔ Teach children that an honest effort is as important as victory, so that the result of each game is accepted without disappointment.
- ➔ Encourage children to participate according to the rules.
- ➔ Never ridicule or yell at a child for making a mistake or losing a game.
- ➔ Remember, children are involved in organised physical education for their enjoyment, not the parents.
- ➔ If you disagree with an official, raise the issue through the appropriate channels rather than question the official's judgment and honesty in public.
- ➔ Support all efforts to remove verbal and physical abuse from physical education activities.
- ➔ Recognise the importance and value of volunteer coaches. They give of their time and resources to provide recreational activities for the children and deserve your support.

Coaches Code of Behaviour

- a) Be reasonable in your demands on young player's time, energy and enthusiasm.
- b) Teach your players that rules of the physical education are mutual agreements which no one should evade or break
- c) Avoid over playing the talented players. All team members deserve equal time.
- d) Remember that children participate for fun and enjoyment, and that winning is only part of their motivation.
- e) Never ridicule or yell at the children for making mistakes or losing a competition.
- f) Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the players.
- g) The scheduling and length of practice times and competition should take into consideration the maturity level of the children.
- h) Develop team respect for the ability of the opponents as well as for the judgment of officials and opposing coaches.
- i) Follow the advice of doctors when determining an injured player's readiness to recommence training and playing.

- j) Make a personal commitment to keep yourself informed of sound coaching principles and the principles of physical growth and development.

Awards

Primary

School Level

One and or Two students in Yr 6 will be chosen in recognition of their sporting achievement throughout their school life. Nominated athletes must also display exemplary behaviour, attitude and sportsmanship.

Representative Level

Half Blue: awarded to a student who has attended a Polding fixture and has been selected to represent Polding at a state carnival or championship.

Full Blue: must gain selection in a state or national team. Gain 1st, 2nd or 3rd place in an individual event at state or national championship.

Secondary

School Level

Two students from Yr 10 will be chosen in recognition for his/her sporting achievements throughout their secondary schooling. Nominated athlete must also display exemplary behaviour, attitude and sportsmanship.

Representative Level

Blue Award: must be selected in a NSW All Schools Team or in an open individual event at a NSW All School Event.

Bar Award: has been awarded a NSWCCC blue. Have demonstrated a continued exceptional sporting and personal achievements. (refer to diocesan handbook and combined catholic colleges sport association handbook).