

Kurnell Public School Sport and Fitness Policy 2016

Sport and Fitness is an aspect of the school curriculum and is an integral part of an individual's development, requiring physical involvement in organised games or activities within an accepted set of rules. Sport and fitness is a valued and accepted part of a school's curriculum. It provides a number of social, physical, emotional and moral learning and is an important expression of our culture. Participation, enjoyment and skill development of all students are the cornerstone of school sport and fitness. All students are expected to be involved in 150 minutes of planned moderate with some vigorous physical activity across the school week.

The benefits of students participating in School Sport and Fitness:

1. Engagement

Physical activity increases blood flow and nutrients to essential areas of the brain that stimulate learning. This enhances cognitive functioning, attention and memory. Physical activity also stimulates the release of adrenaline which improves attention and enables children to become alert and ready to learn.

2. Skill Development

Participation in physical activity provides students with opportunities to development movement skills and feel a sense of achievement. Participating with others can help students develop their skills in self-regulation, problem solving, leadership and decision making.

3. Health outcomes

Physical activity improves physical fitness, sleep, mental Health and wellbeing, bone and functional health and contributes to maintaining a healthy weight.

4. Academic performance

Academic achievement improves with physical activity and may boost standardised test scores, even when time is removed from the academic timetable. Students who are physically active are more likely to achieve than those are sedentary.

5. Wellbeing

Participation in physical activity helps students to feel more confident, happy and relaxed. Active students are more connected to their school which can improve their sense of fair play, their resilience and ability to develop and maintain positive friendships.

At Kurnell Public School our aim is to;

- Encourage participation by all students in sporting activities
- Provide opportunity for playing a wide variety of sports both competitive and no competitive.
- Develop the capacity to make good decisions in sport that will lead to good player and spectator behaviour.
- Develop skill and fitness to particular sports so that all students can experience success through enjoyable participation.

General Organisation of Sport and Fitness at Kurnell Public School

Daily Fitness - 20 minutes Daily

The students participate in a variety of 20minutes fitness activities from Monday to Thursday. The activities are playing for life games run by our Premiers Sporting leaders, skipping, ball games and health hustle.

Outside Agencies

The students are also involved in a 40minute Gymnastics or Athletics skills which are run in Terms 1 and 2 by an outside agencies which has the knowledge to develop these skills in all students.

School Sport - 50 mins-1hour

School sport is run on Friday. These fun and recreational sports are offered to those students in years 3-6 who are not involved in a PSSA team. The students are involved in a number of games to help the students learn the skills for particular sports. Throughout the year the students are involved in activities including; tennis, beach sports, volleyball, netball and soccer. The sport session runs for about 50mins-1 hour.

The infant's students also learn skills in order to play these sport games. They do a lot of throwing, catching, running, passing and kicking.

PSSA

When students are in Years 3 to 6 they are eligible to be selected for PSSA teams.

Junior Teams will be selected from students who are 8,9 and 10 years old in that year.

Senior Teams will be selected from students who are 11,12 and 13 years old in that year unless there is a shortage of players.

If it is not stated that it is a single sex team, then teams may be made up of mixed sexes.

When teams are being selected for the winter competition, consideration will be given to those who display

- Ability and strong skill level
- Sportsmanship
- Cooperation and attitude: and
- Commitment to training sessions

When trials are held:

- Selections will be held over two sessions (minimum)
- Children do not have to participate in this sport out of school to be eligible to try out for the team
- Children are not automatically selected for a team because they play this sport out of school.
- The selections will be made according to the performance and behaviour at selection sessions
- Classroom behaviour and behaviour at school will be taken into account when teams are selected
- Children who are absent due to illness or notified leave on all selection days may be considered at the discretion of the coach
- If a student is absent due to attending a non-school event on all selection days they may not be considered at the discretion of the coach
- If a student is absent for the selection days, due to other school commitments i.e. Zone sports, Selective High Tests, then another trial session will be held at the discretion of the coach.
- All teams will be selected by teachers
- Parents are requested not to discuss the selection process with selectors unless specifically referring to the trial dates
- Once selections have been made, decisions are final and must be respected.

When teams are being selected for the summer competition, consideration will be given to those who display

- Ability and strong skill level
- Sportsmanship
- Cooperation and attitude: and
- Commitment to training sessions
- Students who have reached Year 5 and/or Year 6 and have not been selected for any PSSA team will be selected at the discretion of the coach

Selection in State and / or Nationals

- If a student is selected in a Regional team or a State team to compete at a National level then the payment of the levy will be as follows.
- 1/3 will be paid by the parents/family
- 1/3 will be paid by the P&C
- 1/3 will be paid by the school which will purchase any raffle tickets provided to the families.
- The school will then sell the raffle tickets and have a mufti day to offset some of the costs.

- Parents will cover uniform, accommodation and travel costs themselves.

Representative Tryouts

- Students will be made aware of the trial dates
- Due to the limited number of students who are eligible from each school only those students who demonstrate exceptional skills relative to the sport will be considered
- The staff convenor will select those students to trial
- Classroom and behaviour at school will be taken into account when Students are selected
- It is deemed that it is not mandatory for a school to select students for representative trials if the skill level is not matched

Carnivals

Kurnell Public School holds three major carnivals annually, Swimming (Term 1), Cross Country (Term1) and Athletics (term 2). On each of these days students are expected to arrive at school as normal, and then will travel to the designated venue as arranged by the school. It is an expectation of the school that the students will participate in the activities organised. The fastest swimmers and athletes then move onto the zone to compete against other schools.

Gala Days

The school will participate in Gala days throughout year. The gala days to be attended are decided by the Executive. The school may not enter in all Gala Days offered to the school.

Gala day selections will be determined using the following procedures:

- Students who have previously played the game or who have some knowledge of the game who express an interest.
- Students who express an interest in participating in the Gala Day
- Classroom and behaviour at school will be taken into account when teams are selected
- Students will be randomly and equitably selected regarding grading allocations set according to set criteria of the Gala Day.

Uniforms

All students are required to wear their full sport uniform to school on designated sport days.

Codes of Behaviour

Codes of behaviour provide a supportive framework which promotes fair play and appropriate behaviour in school sport. These codes apply to players, teachers, coaches, parents, officials and spectators who together provide the environment in which school sport is played.

When chosen to represent the school at PSSA, Zone, Area, State, at Gala Days or any other external sporting event, students are expected to behave in an exemplary manner both on and off the sports field. This includes wearing full sports uniform. When representing the school students may be expected to wear representative shirts.

Full sports uniform includes wearing a school hat and necessary safety equipment for specific sports (i.e. helmet, shin pads, mouth guard etc.) Studs are only to be worn while playing sport. They must be removed upon return to school. The same applies to shin pads and other safety gear.

Students and parents are to sign a Player Code of Conduct prior to attending PSSA sport, Gala Days and any other external sporting event. It is expected that students should uphold the player Code of Conduct at all times. If a student breaks this code of behaviour and puts the school name into disrepute the coach and or executive can remove the player from the team for 1, a number of games or permanently.

Players, parents, spectators, teachers and coaches must abide by the Cronulla Zone PSSA Code of Conduct Policy.

The school reserves the right to vary a student's participation in any sporting activities.