



Arthur Phillip High School

Sport & Physical Activity

2023

Latest Revision

Date: 2023

M Howie

Rationale

As part of Arthur Phillip High School's curriculum, Sport is an integral part of an individual's development that requires physical involvement in organised games and activities within an accepted set of rules. Sport is a highly valued aspect of our school's curriculum because it contributes to the development of the whole child. It provides a vehicle for social, physical, emotional and cognitive development and is an important expression of Australian culture. Participation, enjoyment and skill development of all students are essential to school Sport and player satisfaction.

The aim of offering broad participation in sports at Arthur Phillip High School is to nurture the personal development of our students. Participation in Sport is an educational activity. We want all students to be involved in team sports for the lifelong physical, psychological, social and personal benefits that such participation can bring. It is particularly important to encourage students at Arthur Phillip High School to engage in organised Sport because of the powerful impact it has on communication, citizenship and understanding in the wider community.

In a multi-cultural school like Arthur Phillip High School, organised Sport and physical activity has a significant impact on assisting students from other countries and their families, adjust and settle into the Australian way of life. We understand that sport is such an integral part of the Australian identity and can be invaluable in supporting the transition to our education system and way of life.

School Commitment

Sport is an important part of the curriculum and a mandatory part of whole school planning. Arthur Phillip High School's is committed to:

- encouraging participation by all students in sporting activities commensurate with their physical, mental, social, emotional and skill development
- providing an opportunity for playing a wide variety of sports within competitive and recreational environments amongst our students and in the wider community
- developing the capacity to make reasoned decisions about ethical issues in Sport that will lead to good player and spectator behaviour
- developing skill and fitness specific to particular sports so that all students can experience success through enjoyable participation
- developing and applying knowledge and understanding of sport as a significant cultural force in our society; the capabilities and limitations of the human body in the performance of sport; games, tactics, strategies, rules and umpiring; administration and coaching
- contributing, through participation, to the social, cognitive, physical, emotional and aesthetic aspects of the student's development
- developing a lifelong appreciation for physical activity and understand the health benefits these activities provide.

Organised Sport

All students in Year 7 - 10 have the opportunity to participate in organised Sport and physical activity. This includes Arthur Phillip High School's involvement in Prospect Zone Cup Gala Days, Sydney West Gala Day events and NSW Combined High School's knockout competitions. Senior students are also eligible to participate in the knockout competitions and some of the senior students who undertake Sport, Lifestyle and Recreation in their course of study, assist in the management and coordination of organised sport at Arthur Phillip High School.

Organised Sport at Arthur Phillip High School is provided to students through:

- Fully integrated sport on Monday for Year 7, Tuesday for Year 10, Thursday for Year 9 and Friday for Year 8 as part of the mandated and formal school curriculum.
- Setting participation and achievement targets for the annual Swimming, Cross Country and Athletics Carnivals. This follows through to student representation in Prospect Zone, Sydney West and CHS carnivals and sporting teams.
- The celebration of Sport participation and achievement as an integral part of the whole school student reward and award scheme. The school has an annual acknowledgement of outstanding sporting achievement at the end of each year.
- The PDHPE Curriculum and House Sport options, the school endeavours to expose students to unusual, non-mainstream sports and physical activities to stimulate interest and heighten awareness of adopting an active lifestyle including the Volleyball, Badminton and Weightlifting Club.
- Consistent promotion of the benefits of sport to all members of the school and wider community, not just in terms of healthy lifestyle, but also as a means to enhance leadership skills, self-esteem, positive relationships, inclusivity, understanding and connectedness to school. Part of this promotion requires the school to help students achieve balance in their lives through being engaged in several activities including sport and still manage to commit to meeting their educational outcomes.

School Responsibilities

Ensure school Sport routines and activities meet the requirements for the safe conduct of Sport and physical activity. This is achieved through: -

1. Risk assessments in place so that staff comply with their duty of care for the safety and welfare of themselves and students during sport.
 2. Checking the activity is not a banned activity as per the DoE guidelines.
 3. Personnel working with students at various sporting venues comply with Protecting and Supporting Children and Young People Policy and Procedures, which includes a WWCC.
 4. Injury Management – that staff attending a sporting event or competition have the appropriate first aid qualifications and have at their disposal a suitably equipped first aid kit. They are also aware of students with identified medical conditions and copies of individual health care plans if necessary. This also, includes anaphylaxis and asthma management for identified students.
- Arthur Phillip High School – Sport and Physical Activity Policy – 2023

5. Staff understanding that during carnivals and other sporting events, the need for safe use of equipment such as starting guns and up-to-date equipment checks.
6. Selecting, identifying and booking the facilities required for the safe conduct of sport and other physical activities.
7. Making the necessary decisions and relaying them to the wider school community regarding the cancellation of sport due to weather and playing conditions. This also, relates to ensuring the sport activity adheres to the DoE Supporting Students during hot weather.

Sports Organisers & Head Teacher PDHPE / Sport

At Arthur Phillip High School there are identified members of staff who undertake the role of Sports Organisers. These positions are essential in ensuring that Sport is a positive and viable experience for all students at the school. The Sports Organisers report directly to the Head Teacher PDHPE / Sport. Their responsibilities include:

- Coordination and checking that risk assessments are completed and compliant for Sport and other physical activities.
- Checking that coaching personnel involved with sport, have a WWCC.
- As part of the Variation to Routine policy, ensure that staff identified to lead the sport activity, have the appropriate first aid qualifications and have at their disposal a suitably equipped first aid kit.
- Ensuring that during carnivals and other sporting events all staff understand the safe use of equipment such as starting guns etc
- Book facilities required for the safe conduct of Sport and other physical activities.
- Assistance in determining whether conditions are safe and suitable for Sport.

Teachers

Teachers allocated to Sport have the responsibility to:

- Mark the Sport roll and actively supervise students throughout the period allocated to Sport.
- Ensure all the students participating in Sport have the correct attire, including footwear to allow them to participate safely.
- Be conversant with the rules and regulations of the sport being undertaken. Realising that as the teacher you may have to referee or officiate the game, or ensure support is provided to a qualified student who is officiating.
- Manage student behaviour during Sport and follow up on students who fail to adhere to the school's STRIVE expectations.
- Provide break opportunities for students, for hydration purposes, or time to physically recover.
- Check the resources being used and the facilities being accessed, that they are compliant with the DoE expectations around WHS and Duty of Care obligations.

Students

- Wear the correct sports uniform.
- Participate in the Sport or activity to the best of their ability.
- Show respect and good sportsmanship to others – the values that are implicit in the school's Code of Conduct "STRIVE".
- Provide a note from home explaining a physical, or medical reason for non-participation.
- Students who do not have a medical explanation and who are not changed for Sport will attend Sports detention.

Parents

Parents have the responsibility to

- Provide their child with the correct Sport's uniform.
- Provide a note explaining when their child cannot participate in Sport or any other physical activity.
- Sign and return permission notes for their child to travel, participate and or represent at various sporting events and activities.

Evaluation and Review

Evaluation of Sport

At Arthur Phillip High School the School Sport and Physical Activity program will be reviewed and evaluated every two years. An evaluation committee will be established to involve all stakeholders.

The committee will use the following evaluation measures:

- attendance numbers on sport afternoons
- competency/confidence of staff to deliver sport sessions
- student survey of sport experiences
- cost/benefit analysis of activities
- community needs
- available resources
- adherence to DoE sport and physical activity policy
- teacher professional learning opportunities.

The committee will prepare a final report for the school leadership team.

Review of Sport Policies, Management and Procedures

A review of existing policies and practices relating to school Sport with input from the whole school community will help to recognise areas of strength and identify aspects of the program that could be revitalised.

Arthur Phillip High School – Sport and Physical Activity Policy – 2023

Arthur Phillip High School will review sport policies, management and procedures as required. The review will use evaluation measurements to support any recommendations for change. Our school will explore the following questions in the review:

- How does sport meet our school community needs?
- Where does sport fit within the school's curriculum?
- What resources are necessary to run school sport?
- How does sport impact on other activities in the school?
- What are DoE requirements regarding school sport?
- What are the options for structuring school sport and how do they impact on school organisation?
- Where are school sport policies and guidelines located on the DoE intranet?
- Do members of staff feel confident/competent about delivering quality sport sessions?
- How can staff improve their delivery of school sport?
- Are there accredited courses available to support new teachers?

The last review was conducted in 2023.