

PENRITH SELECTIVE HIGH SCHOOL

– Sport Policy

SPORT AND PHYSICAL ACTIVITY OBJECTIVES

Penrith Selective High School Sport and Physical Activity Policy is aimed at ensuring the provision of opportunity to all students to develop and enrich their lives through participation in sport and physical activity. The school aims to provide an environment where a student may follow a pathway to sports participation and, if so motivated, to representative level opportunities.

The objectives of the PSHS Sport Program are to:

1. Encourage lifelong participation in sport for all students
2. Provide a supportive environment for enjoyable participation in a wide variety of physical activities
3. Provide the safest possible environment for the conduct of sport
4. Provide for the allocation of appropriate resources and facilities
5. Provide opportunities for students to participate in representative sport

SPORT AND PHYSICAL ACTIVITY RATIONALE

Sport is a compulsory component of the school curriculum for Years 7 to 11 and is optional for Year 12 students. Along with the opportunity to participate in sporting carnivals and school representative teams, students at PSHS will participate in school sport each week. All Sport and Physical Activity will meet the DET requirements. (See requirements for all sport and physical activity on DET website)

SCHOOL SPORT

Program Format

Year 7-11:

- Introduction to major team games and recreation activities
- Sport is conducted as a set program as determined by the Sports Organiser and is integrated into the weekly student timetable on Wednesday afternoons starting at 12:30pm and finishing at 2:40pm.
- Compulsory attendance required at Carnivals - Swimming, Cross Country, Athletics.
- Students select their own sports on a term basis.

All sports offered will comply with the requirements and conditions as set down in the School Sport Policy document issued by the Department of Education and Communities.

[Guidelines for Specific Sports and Physical Activities](#) .

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Teachers, coaches and any other members of the school community involved in the school sport program need to (see also staff sport handbook):

- prepare and conduct sessions based on sound coaching, safety and teaching principles
- encourage participation
- cater for varying levels of ability by providing every student with a 'fair go'
- provide equal encouragement to all students to allow them to acquire skills and develop confidence
- set realistic standards and objectives for students
- ensure a safe and productive environment
- ensure consequences of inappropriate behaviour are clearly understood and communicated through the school welfare/discipline policy

UNIFORM

Students are required to wear the Sport Uniform (refer to the school equipment list) for all PE practical lessons and on Wednesdays for Sport day. Students are not permitted to wear their Sport Uniform to PSHS unless it is a Wednesday. Students who are not correctly attired should be reported to the Sports Organiser or HT PDHPE. If students are not in Sport Uniform they are in breach of the school discipline policy (See PSHS discipline policy)

CHANGEROOMS

While in change rooms, students must:

- Wait in the school Amphitheatre before class, where the classroom teacher will open the change rooms (5 minutes at the start and 5 minutes at the end of the lesson) to allow students to change into their Sport Uniform out of their school uniform.
- Not go into the change rooms throughout their lesson.
- Will only be permitted into the change rooms to at the start of their lesson to change into their sport uniform and change back into their full school uniform at the conclusion of their lesson.
- Take with them and hold onto for the duration of their lesson, ASTHMA puffers, epipen, drink bottles and sport jacket if needed.
- Not use mobile phones in the change room

Staff will:

- Lock the change rooms once all students have changed into their sport uniform.

SCHOOL SPORT AND PHYSICAL ACTIVITY SCHOOL STAFF REQUIREMENTS:

- Ensure all staff have viewed – [Awareness Presentation relating to the use of the Sport Safety Guidelines](#). Records of attendance at this training are kept.
- All staff provided with an electronic copy of the [Sport & Physical Activity Policy- 2015](#)