**Physical Education and Sporting Policy**

*This policy provides an outline of Jannali East Public School’s sporting and physical activity organisation and policies.*

*Purpose of the policy*

This policy has been developed to better provide information about the structure and organisation of sporting and physical activity in Jannali East Public School. The policy is aimed to inform teachers, students and community stakeholders. The document includes a sporting and physical activity outline, aims of the sporting program, sporting selection policy and the schools PSSA participation.

*Physical Activity in NSW Government Schools*

The Jannali East Public School Physical Education and Sporting Policy has been adapted in hand with the [NSW Department of Education’s Sport and Physical Activity Policy](https://www.det.nsw.edu.au/policies/student_serv/student_welfare/safe_sport/PD20020012.shtml). This policy is available from the Department of Education and Training website. The policy underlines that *‘Students in Years K-10 participate in a minimum of 150 minutes of planned moderate with some vigorous physical activity across the school week. This time includes planned weekly sport’.*

Physical activity is any movement of the body that results in some expenditure of energy. Physical activity provides an opportunity for students to acquire and practise a range of personal, interpersonal, behavioural, social and cognitive skills.

Physical activity provides the most health-related benefits for students when performed at moderate to vigorous levels of intensity.

Moderate intensity physical activities require some effort and noticeably accelerate the heart rate. Students are still able to talk while participating in the activities. Vigorous intensity physical activities require a large amount of effort and a substantial increase in heart rate. These activities make students ‘huff and puff’.   
  
Physical Education (PE) is part of the mandatory key learning area Personal Development, Health and Physical Education (PDHPE). The NSW PDHPE syllabuses prescribe a sequence of learning from Kindergarten to Year 12.

School Sport is an important part of the co-curricular and a mandatory part of whole school planning. School Sport offers students weekly planned opportunities to participate in physical activities according to their interests and abilities in a range of contexts and environments.

*Aims of the Jannali East Public School Sporting Program*

Jannali East Public School’s sport and physical activity program aims to:

* encourage participation by all students in sporting activities commensurate with their physical, mental, social, emotional and skill development
* provide opportunity for playing a wide variety of sports within competitive and recreational environments
* develop the capacity to make reasoned decisions about ethical issues in sport that will lead to good player and spectator behaviour
* develop skill and fitness specific to particular sports so that all students can experience success through enjoyable participation
* develop and apply 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
* contribute, through participation, to the social, cognitive, physical, emotional and aesthetic aspects of the student’s development
* develop a lifelong appreciation for physical activity and understand the health benefits these activities provide.

*Outline of Sport and Physical Activity at Jannali East Public School*

Below is a brief outline of the times that stages within Jannali East Public School will be participating in sport and physical activity. Students will be participating in a range of physical activities including games, running and yoga.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| Early Stage One (Kindergarten) | 30 mins | 45 mins | 30 mins | 30 mins | 60 mins |
| Stage One (Year 1 and 2) | 30 mins | 45 mins | 30 mins | 30 mins | 60 mins |
| Stage Two (Year 3 and 4) | 30 mins | 45 mins | 30 mins |  | 60 mins |
| Stage Three (Year 5 and 6) | 30 mins | 45 mins | 30 mins | 30 mins | 60 mins |

*Sporting Selection Policy*

Students at Jannali East Public School are given the opportunity to be selected in teams to represent the school at sporting events such as PSSA, Zone, Regional, State and National carnivals, Gala Days and Representative Trials. Students selected in these teams are required to uphold the expectations of Jannali East Public School while participating in these events. Students who do not meet school expectations will not be considered for participation in these teams. Selected students may jeopardise their position in a team as a result of continued behaviour issues at school and at any time when wearing the Jannali East Public School uniform.

Students wishing to participate in PSSA teams are given an opportunity at school trials. Teachers will attempt to run trials over a two week period prior to the beginning of each season. If bad weather or other circumstances arise, the trial will be cancelled and one trial will be enough for selection. The trials are conducted by different teachers and their decision is based on what they see from the child at the school trials. In the case of a student being away on holidays or sick, teachers may contemplate special consideration for selection in a team. Teachers need to be made aware of a student’s absence before the trials take place and any request for special consideration will be decided upon by the sports organiser and school executive.

Students to be selected for Zone Team Trials will be selected solely by teacher discretion, assuming the students meet the criteria for those trials.

Special Consideration

Sporting Teams– If a teacher is made aware of a child’s absence for both weeks of a trial period, special consideration may be taken. If a child is at a sporting event for school then this will be considered. A complimentary trial may be held for a small number of students if their reason for missing the two trials is valid i.e. leave, sickness.

Carnivals – If a teacher is made aware of a child’s absence from a school sporting carnival, special consideration may be given if that child has previously represented their school at a higher level and reached the regional level for that event.

*Primary School Sport*

Students in primary (3 – 6) who have not gained selection into a PSSA team will participate in school sport activities at school on Fridays. These school sport activities are designed to enhance students’ skills in particular sports in an attempt to help them gain selection in these sports in the future at Jannali East Public School.