Procedures for the Organisation and Management of School Sport and Physical Activity

Purpose

School-developed guidelines and procedures for the organisation and management of sport and physical activity aim to provide local information about the school to students, staff and community stakeholders. This document includes safe conduct procedures, resourcing implications, delivery and evaluation processes to support quality sport and planned physical activity programs. The procedures reflect the ethos of the school and establish a framework and context for sport within the school.

Scope

These guidelines and procedures apply to all students attending **Holbrook Public School** and to all members of the **Holbrook Public School** community (teachers, administrators, parents or caregivers, volunteers).

Physical Activity in NSW Public Schools

This document acknowledges that physical activity occurs in a number of ways in NSW public schools.

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’.   
  
Mandatory planned physical activity occurs through teaching and learning in Personal Development, Health and Physical Education (PDHPE) and School Sport. Additional physical activity can be planned or occur incidentally at other times of the school day, such as at recess, lunch or in any other learning experience.

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.

Schools elect to participate in the Representative School Sport Pathway. The pathway offers a wide range of sports for students to participate in at local, state, national and international level through carnivals, knockouts and representative teams. Many schools incorporate into their weekly timetabled school sport opportunities for participation in representative school sport.

Schools use the NSW Physical Literacy continuum K-10 which supports teaching and learning at a whole school level, at a classroom level and for students.

Schools use the Australian Sports Commission’s Sporting Schools Program which is designed to increase children’s participation in sport, and to connect children with community sport.

Rationale

All government schools in New South Wales are required to provide students in Years K-10 with a minimum of 150 minutes of planned moderate, with some vigorous, physical activity across the school week. This time includes planned weekly sport. Schools are also encouraged to provide Year 11 and 12 students weekly access to a minimum of 150 minutes of planned moderate to vigorous physical activity and sport.

Sport as an aspect of the school curriculum is an integral part of an individual’s development, requiring physical involvement in organised games or activities within an accepted set of rules. Sport is a valued and accepted part of a school’s curriculum because it contributes to the development of the whole child. It provides a vehicle for a number of social, physical, emotional and moral learnings and is an important expression of our culture. Participation, enjoyment and skill development of all students are the cornerstones of school sport.

The social, cognitive and welfare outcomes of involvement in quality sport activities can assist whole school communities in:

* raising student achievement at all levels and all stages
* promoting well-being, positive relationships, equity and excellence
* creating and sustaining conditions for quality teaching and learning to thrive
* developing and delivering community expectations and government policy
* contributing to a 21st Century education system at local and national levels
* developing students as citizens of the world.
* encouraging healthy competition and responsible behaviours

Significant international research and Australian government investigations indicate that students who experience positive, inclusive and rewarding school sport programs are more likely to exhibit:

* improved academic results
* self-esteem and resilience
* effective organisational, motivation and performance skills
* connectedness to school
* the benefits of an active lifestyle well beyond the school environment.[[1]](#footnote-1)

As well as improving student performance and learning outcomes a quality sport program, implemented as part of a whole school plan, can have many benefits for all stakeholders. These include:

* improved student/teacher relationships
* higher concentration levels on classroom tasks following physical activity sessions
* more productive students with increased aspiration levels (especially amongst disadvantaged students)
* stronger links between school, home and the wider community
* decreased absenteeism
* appreciate the abilities and diversity of others
* develop an appreciation for fair play and being part of a team or group sharing the same experience.

NSW Department of Education Policies

**Holbrook Public School** Procedures for the organisation and management of school sport and physical activity support all relevant NSW Department of Education policies located at <https://online.det.nsw.edu.au/policiesinter/category.do?level=Schools>

The [Sport and Physical Activity Policy](https://www.det.nsw.edu.au/policies/student_serv/student_welfare/safe_sport/PD20020012.shtml?level=Schools&categories=Schools%7cschool+activities%7csport) provides schools direction in relation to the mandatory weekly requirements for student participation in sport and physical activity, including the identification of procedures and requirements, equipment specifications, venue requirements and safety procedures.

The [Sport and Physical Activity in Schools Safe Conduct Guidelines](http://www.sports.det.nsw.edu.au/spguide/activities/index.php) inform all school sport and physical activity programs and practices at **Holbrook Public School.**

School policies and procedures:

* Emergency Care/CPR accreditation
* First Aid Policy
* Sun Smart
* Risk assessments
* Organised and private transport
* Excursion policy
* Costing processes
* Selection of teams and school representatives
* Permission notes
* Awards and presentations
* Use of external providers

Aims of School Sport and Physical Activity

**Holbrook Public School’s** school 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.

School Sport – Roles and Responsibilities

**Holbrook Public School** has a responsibility to ensure that every student is presented with the opportunity to participate in quality sport and physical activity experiences to enhance their learning and development.

At **Holbrook Public School,** sport operates as a whole school activity and is supported through a range of organisational details to successfully conduct carnivals, gala days and a weekly sport program, often incorporating competitive and non-competitive elements.

Teachers play a major role, often with the support of other members of the school community with relevant qualifications, in the organisation and conducting of the school sport program.

The roles and responsibilities of our school sport program include areas such as participation, competition, safety, community linkages, communication with parents/guardians, costs, professional learning, equipment and behaviour.

Management of Sport and Physical Activity Programs  
Affiliation

**Holbrook Public School** is a member of the **Southern Riverina** Sporting Zone and a part of the **Riverina** School Sport Association.

Management of the School Sport and Physical Activity Program

**PSSA Sport -** Chrissy Lavis & Jason Weaven

**School Sport & PDHPE -** Chrissy Lavis & Jessica Murphy

**Knockouts & Gala Days –** Staff with the expertise in particular sports

**School Sport Carnivals -** Staff with the expertise in particular sports

Participation by Staff

Teachers, coaches and any other members of the school community involved in the school sport program need to:

* prepare and conduct sessions based on sound coaching 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
* ensure the program is available to all students by catering for groups with special needs such as:  
  - female students   
  - students with disabilities/impairments  
  - Aboriginal and Torres Strait Islander students  
  - students from non-English speaking backgrounds  
  - students with exceptional sport talent
* set realistic standards and objectives for students
* ensure a safe and productive environment
* adopt the **Riverina PSSA & NSW Department of Education** codes of behaviour
* ensure consequences of inappropriate behaviour are clearly understood and communicated through the school welfare/discipline system
* act as a good role model of sporting behaviour.

Teachers, and any other members of the school community who take on a coaching responsibility, are also encouraged to:

* become accredited with the National Coaching Accreditation Scheme (NCAS) through state sporting organisations
* engage in professional development and dialogue with appropriate teaching and coaching developments.

Behaviour

Teachers, students, parents and any other members of the school community involved in the school physical activity program need to:

* ensure they are aware that their behaviour is expected to be consistent with both the school’s code and the **Riverina PSSA & NSW Department of Education** codes of behaviour and also promote the idea of ‘fair play’. Learning about fair play helps young people develop an understanding of important values, like respect, co-operation and teamwork.

Teachers, in conjunction with the school leadership team, need to:

* manage students who do not comply with the above codes of behaviour as set out in the school’s student welfare and discipline policy.

<http://www.sports.det.nsw.edu.au/indexes/assoc_index.htm>

Organisation of Carnivals

Students compete in the annual swimming, athletics and cross-country carnivals.

* Swimming Carnival - North Albury Swimming Complex
* Athletics Carnival – Alexandra Park, Albury
* Cross Country – School Oval
* Information located on server which is available to all staff
* Risk assessments updated for each activity and are signed off by the Principal before the event
* Permission notes are stored in the office after being collected and marked off by staff
* Permission notes for transport (private or bus) are stored in the office after being collected and marked off by staff

All information for all sporting events is available to parents via the newsletter, website, special reminder notes and in the fortnightly community newsletter.

Dates for these events are set on the school calendar.

Weekly School Sport

At **Holbrook Public School, Kindergarten to Year 6** have sport on **Monday- Thursday (9.30-9.45), & Friday (2:00 – 3:20).**

At **Holbrook Public School,** the intra and inter-school sport program includes summer and winter sports and recreation activities, inter-school carnivals and representative sport. This competition involves various sports conducted at school, local venues and between schools in the district/zone.

School sport is divided into skills and preparation for games/sports on Mondays and Wednesdays. Friday sport is designed to implement and practise the skills taught.

A timetable is followed by each class, on a term basis, revolving around specific sports and impending sporting events/carnivals.

Sports Available for each term may include

| Sport | Grade/PSSA/House/Recreation/School | Venue | Time |
| --- | --- | --- | --- |
| Cricket | Stages | School | Allocated sport times |
| Swimming | Intensive Swimming & Life-Saving Skills | Holbrook Pool | Allocated sport times |
| Dance | Stages | School Hall/Dance Studio | Allocated sport times |
| Volleyball | Stages | School | Allocated sport times |

Our school’s winter (Terms 2 and 3) sport timetable options are shown below.

| Sport | Grade/PSSA/House/Recreation/School | Venue | Time |
| --- | --- | --- | --- |
| Netball | Stages | School | Allocated sport times |
| Rugby | Stages | School | Allocated sport times |
| Soccer | Stages | School | Allocated sport times |
| T-Ball | Stages | School | Allocated sport times |
| Hockey | Stages | School | Allocated sport times |
| AFL | Stages | School | Allocated sport times |

The school also has gala days which, are one-off sporting exchanges with other schools.

* Bernie O’Connor Yerong Creek AFL & Netball Gala Day – Public schools invited from within the Southern Riverina Zone
* Paul Kelly AFL Cup
* Rugby League & League tag Mortimer Shield and Trent Barrett Shield
* Rugby Union
* Super 8’s Cricket
* Redball Tennis
* T20 Cricket

Competition

At **Holbrook Public School,** provision is made for a healthy level of competition for all participants.  
Competition occurs at the intra-school and inter-school level as well as on a less formal, social basis and is conducted at a level that is appropriate for the age and experience of the students.   
  
Teachers, and any other members of the school community involved in the school physical activity program, need to ensure all students participating in the sport program are aware that, although everyone likes to win, participating is equally as important.

Uniform

All students, regardless of their chosen activity, are required to wear their full sport uniform to school on **Fridays.** The **Holbrook Public School** Sport Uniform Policy is available from the office and on the website.

The Sport uniform consists of:

* HPS collared sport shirt
* HPS shorts or skirt
* HPS tracksuits
* White socks
* Suitable running shoes

Representative Sport

Students have the opportunity to gain representative selection in a number of individual and team sports throughout the year from zone, local sports association and State, through the New South Wales PSSA.

Students at **Holbrook Public School** are given information about trial dates for events and teams via the newsletter and assembly announcements.

Teachers are supported to coach and/or officiate in the Representative School Sport Pathway.

School Sport Selection Policy Information

## Rationale:

At Holbrook Public School, sport is an integral part of our school curriculum. Sport is provided on a class, stage and whole school basis. Individual students from Years 3 to 6 are selected to be school representatives participating in competitions at the zone, region and/or state level, in various sports.

Aims:

* To cater for the needs of gifted and talented students.
* To increase the participation of students in Years 3 to 6 in competitive sporting activities.
* To promote skills development, social skills, self-esteem and a healthy life style.
* To promote the desire to represent the school, Southern Riverina Zone, Riverina Region and State in the various sporting competitions offered at primary school level.
* To provide all students in Years 3 to 6 with the opportunity to represent their school.
* To develop students’ knowledge of rules, tactics, advanced skills and positive attitudes required for sport and teamwork.
* To develop students’ pride in their school and the achievement of their peers.
* To assist students to develop the wise use of leisure time.

## Individual and Team Selection

* All children in Years 3 to 6 will be given opportunities to demonstrate their skills and knowledge of the particular sport in a series of school selection trials.
* Teaching staff conducting these trials will determine those children who will represent the school at the inter-school level, gala days, zone trials and as members of teams participating in NSW PSSA State Knockout Competitions.
* In all selections Zone, Regional and State rules and regulations must be adhered to.
* Selection will take place following demonstrated ability at prescribed school trials.
* When selecting individuals or teams, the school will aim to field the best possible competitor or team to enter the competition.
* Where possible, and when replacement rules allow, reserves may be involved in games at the discretion of the coaching teacher.
* Students’ success and participation will be recognised by the school, the School Council and the school P&C.
* The school reserves the right to:
* Make decisions regarding the final selection of students representing the school at all levels of competition.
* Withdraw any student whose behaviour is of concern to staff. Parents will be consulted in this instance.

Selection Guidelines:

* If it is not stated that it is a single sex team, then the teams may be made up of mixed sexes.
* Selections will be held over two sessions (minimum).
* Where there are two children of equal ability, the child from the higher grade will be selected.
* Children do not have to participate in this sport out of school to be eligible to try out for the team.
* The selections will be made according to performance on selection sessions.
* Children who are absent due to illness or holidays on all selection days will not be considered.
* If a child is absent for one of the selection days, due to other school commitments i.e. Zone sports or Selective High School Tests, then another training session will be held to determine if he/she is worthy of being selected.
* All teams will be selected by two teachers/selectors, in a fair and consistent manner. An executive must be a selector whenever there is a conflict of interest.
* Where possible, all children selected will have equal time on the field/court during games.
* Students must wear the correct and mandatory protective equipment, where necessary.
* Specific safety issues for that sport are discussed and understood by all participants.
* Ensure that the appropriate amount of time is given to students to prepare and parents regarding transport, notes, money, and other organisation.
* Ensure every student and parent signs a Player Code of Conduct prior to representing the school.

## Parent Assistance

* In sports where teacher expertise may be lacking, parents from the school community may be called upon to assist in team selection and coaching.
* Parents will be required to provide permission for students to compete in external sporting events.
* Parents will be requested to be involved in scoring, umpiring or the provision of transport.

## Trials and Training

* Where possible, trials for team selection will be conducted within the school grounds.
* Trials will take place within school times or before and after school.
* Planning for trials and training will be the responsibility of the team coach.

## Informing Students

* Students wishing to trial for a team or squad will be informed by:

1. Announcements at morning, recess and lunch assemblies;
2. A note sent around to classes; or
3. The school newsletter.

Informing Parents

* Parents will be informed of impending trials, games and carnivals, in the first instance, in the school newsletter.
* Children, who are required to attend training out of school times, or have been selected in a team or Zone trial, will be informed by an official note from the teacher responsible, prior to the event.
* Information, permission and travel arrangement notes will be sent home to seek parental approval and assistance.

## Non-Competitive Gala Days & Skills Sessions

From time to time, the school may enter teams in gala days and/or organise sporting associations to conduct skills sessions at the school or a venue outside of the school. Entry for participation will be open to all interested students in the target group. The staff member coordinating the event, or participation in a given event, will be responsible for selecting the teams or students that participate.

## Competitive Gala Days

The teacher responsible for gala days will ensure relevant staff members receive information about upcoming competitive gala days, linked to the sports they coordinate. Students will be selected as per the specified age groups specified by the coordinating body. If more students indicate an interest in a team than there are positions, trials will be held by the supervising teacher.

Note – Bernie O’Connor Yerong Creek AFL/Netball Gala Day is for Years 3 to 6 students, but the school may select Year 2 students if numbers are needed to fill teams so students in Years 3 to 6 do not miss out. Any Year 2 students selected will be chosen on ability and skill level, with their physical size taken into consideration.

Note – Paul Kelly Cup is for Years 4 to 6 students.

PSSA Sport (including state knockouts)

PSSA sport is for Years 4 to 6 students only.

When selecting students during trials, consideration will be given to those who display:

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

The team coach/coaches will have the final decision on team selection.

Southern Riverina PSSA, Albury PSSA & Riverina PSSA Trials

The Sports Coordinator will nominate students to represent HPS at zone and regional trials. Most regional trial participants will be selected from zone trials. As the level of skill required to represent at zone or regional level is very high, the Sports Coordinator may elect not to nominate students for trials. Generally, students nominated will be involved in playing in a local weekend competition.

Southern Riverina PSSA Carnivals (Athletics, Cross Country & Swimming)

At the conclusion of school carnivals, the Sports Coordinator will select a team to represent HPS at zone level.

Usually the first two placed students, in each school carnival event will be selected. However, students must meet Zone qualifying times or distances in order to attend.

Age groups are as follows**:** (Based on the age students are turning that calendar year)

* Juniors – 8, 9 and 10 year olds
* 11 year olds
* Seniors – 12 and 13 year olds

Teams consist of: (NOTE: Current at time of typing)

Athletics:

Track Events x 2; Field Events x 1

Relay x 4 fastest runners in age category

Swimming:

Freestyle x 2; Breaststroke x 2; Backstroke x 2; Butterfly x 2

Medley x 1

Relay x 4 fastest swimmers in age category

Cross Country:

Age events x 5

Player Code of Conduct and Dress Code

When chosen to represent the school at PSSA, zone, region, 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 school sports uniform. When representing the school, students may be expected to wear representative shirts.

Full school sports uniform includes wearing a school hat and necessary safety equipment for specific sports (i.e. helmet, shin pads, mouthguard 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 are to sign a Player Code of Conduct prior to attending PSSA sport, gala days (competitive and non-competitive) and any other external sporting event. It is expected that students uphold the Player Code of Conduct at all times, which they must agree to and sign. Failure to do so will result in behaviour management procedures being put in place, as stated in the school’s Student Welfare Policy.

### 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, principals, parents, officials and spectators who together provide the environment in which school sport is played. The following codes apply to school sport at all levels and are designed to highlight:

* The principles of enjoyment, satisfaction and safe play in sport
* That students participate for their own sake and not to fulfil the desires of parents, adult groups or peers
* The encouragement of student participation in sport and, in so doing, contribute to higher levels of health and physical fitness.

### Player Code of Conduct

*It isn’t whether you win or lose, but how you play the game. (Grantland Rice)*

1. Play for the fun of it.
2. Compete by the rules and always abide by the referees’ / umpires’ decisions.
3. Control your temper. Make no criticism – either by word or gesture. Deliberately distracting or provoking an opponent is not acceptable or permitted in any sport.
4. Work equally hard for yourself and your team – your teams’ performance will benefit and so will your own.
5. Be willing to train and prepare for the game. Preparation helps prevent injury and increases the level of enjoyment.
6. Play only when you are fully fit. To play with an injury will handicap your team and may expose you to risk of serious, lifelong injury.
7. Be a good sport. Encourage fellow team members.
8. At all times cooperate with your coach, team mates and opponents – without them you do not have a competition.
9. Remember the goals of the game are to have fun and improve your skills. Be modest in success and generous in defeat.

Sport Leadership

The sport leadership program at **Holbrook Public School** consists of 3 houses (Paterson, Lawson & Mackellar). Each house is led by one captain and one vice-captain elected by their peers. They take responsibility for helping with school sport, carnivals & gala days. They are also responsible for the distribution of sporting equipment daily and for the return and up-keep of the sports shed.

Sport leaders are actively involved in:

* carnival team organisation
* mentor support
* a time commitment from young leaders
* recognition for young leaders
* personal development programs
* help run the sport presentation assembly and hand out awards at the weekly assembly for good sportsmanship

Across the curriculum

At **Holbrook Public School,** teachers are encouraged to incorporate physical activity across their teaching and learning program.  
  
Examples include:

* taking a class around the school to find nouns instead of sitting at their desks
* while students are walking, the use of verbs is incorporated in the lesson
* using throwing and catching to investigate measurement and evaluation
* throwing a ball and measuring the distance of each throw and why a ball curves in the air
* using the mathematical process to mark out running tracks or school gardens.

Lunchtime

Lunchtimes at **Holbrook Public School** are very active times. Other than simple play, lunchtime is a time for team training for various sports or organised play.

At **Holbrook Public School** we offer:

* ball games – hockey, netball, t-ball, AFL, soccer, basketball, volleyball etc
* dance groups
* handball courts
* sport training and coaching

Evaluation and Review

This section outlines how the procedures will be evaluated and reviewed and who is responsible.

Evaluation of Sport

At **Holbrook Public School,** the School Sport and Physical Activity Program will be reviewed and evaluated every year. An evaluation committee will be established to involve all stakeholders and measure outcomes against local indicators.

**Holbrook Public School** will use the following evaluation measures:

* competency/confidence of staff to deliver sport sessions
* student survey of sport experiences
* cost/benefit analysis of activities
* government priorities
* community needs
* available resources
* adherence to DET sport and physical activity policy
* teacher professional learning opportunities.

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.

Evidence based decisions will achieve better outcomes which can be included in the school’s management plan and accurately reflect community needs and requirements.

**Holbrook Public School** will review sport policies, management and procedures every year. 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 does current research say about sport in schools?
* What are student perceptions of school sport and how does this impact on the implementation of sport?
* What resources are necessary to run school sport?
* How does sport impact on other activities in the school?
* What are NSW Department of Education’s 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 NSW Department of Education intranet?
* Do 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 all teachers?

**Date:** This policy document was revised by teachers at Holbrook Public School and endorsed by School Council in August, 2016.

**Holbrook Public School**

# PLAYER CODE OF CONDUCT

Dear Parents / Carers

As you are aware, your child has been selected to represent Holbrook Public School in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (sport). They will be an ambassador not only for their sport, but also for this school and your family.

Their behaviour and attitude toward sport will help those they play and others form an opinion of the kind of school to which they belong.

As responsible team members and as parents, you are both required to abide by the Code the Conduct for Players and Parents/Spectators as part of Holbrook Public School and the Riverina School Sports Association.

Please discuss and co-sign the following codes of behaviour with your child to ensure a common understanding between students, staff and parents of Holbrook Public School.

**Holbrook Public School / Riverina School Sports Association**

# Player Code of Conduct

1. Play for the fun of it.
2. Play by the rules and always abide by the decisions of officials.
3. Control your temper. Make no criticism either by word or gesture. Deliberately distracting or provoking an opponent is not acceptable or permitted in any sport.
4. Work equally hard for yourself and your team. Your team’s performance will benefit and so will your own.
5. Be willing to train and prepare for the game or competition. Preparation helps prevent injury and increases the level of enjoyment.
6. Play only when you are fully fit. To play with injury will handicap your team, and may expose you to the risk of further and more serious injury.
7. Be a good sport. Applaud the good play of your team mates and that of your opponents.
8. At all times cooperate with your coach, team mates and opponents, for without them you do not have a competition.
9. Remember the goals of the game are to have fun and improve your skills. Be modest in success and generous in defeat.
10. Maintain acceptable schoolwork standards.
11. Maintain acceptable behaviour standards when you represent the school.
12. Be punctual and attend all training sessions. Inform the coach when unable to attend.
13. Dress in the appropriate uniform for the sport you play.
14. Try to do your best at all times.
15. Behave responsibly while travelling on a bus/car or walking to and from a venue.
16. Sit down and support the other teams whilst not involved in the game being played.
17. Conclude each game by congratulating the competing school.
18. Treat all players as you would like to be treated. Bad language, sledging and bullying on or off the field is NEVER accepted.
19. Be responsible for packing equipment – sharing the work.

I have read the Player Code of Conduct carefully with my parents and understand it.

I am aware that not following the Player Code of Conduct may result in unfavourable consequences.

***I agree to compete within the Player Code of Conduct at all times when representing Holbrook Public School.***

***Signed: (Child)... ……………………………………… Date: …………………***

***Witnessed: (Parent/Carer)... ………………………… Date: …………………***

**Holbrook Public School / Riverina School Sports Association**

# Code of Conduct for Parents / Spectators

* Encourage students to develop basic skills in a variety of sports and avoid over specialisation in positional play during their formative years.
* Create opportunities to teach appropriate sporting behaviour, as well as basic skills.
* Teach your players to play by the rules. The rules are designed to maximise enjoyment and safety.
* Give all players equal time in the game or competition. They need and deserve it.
* Remember that students play for the fun and enjoyment and that winning should not be over emphasised. Never ridicule students for making mistakes or losing a competition.
* Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the participants.
* When scheduling and determining the duration of training sessions and competitions, take into consideration the age, the weather and maturity levels of the students.
* Develop team respect for the ability of opponents, as well as for the judgement of officials and opposing coaches.
* Follow medical advice when determining when an injured player is ready to play again.
* Remember that students need a coach they can respect. Be generous with your praise when it is deserved and set a good example.
* Keep abreast of sound coaching principles and the principles of growth and development.
* Develop in students an awareness of the physical fitness values of sports and their life-long health and recreational value.

I have read the Code of Conduct for Parents / Spectators and understand it.

I am also aware that there may be consequences if I do not follow it.

***I agree to act in accordance with the guidelines set out in the Code of Conduct for Parents / Spectators of Holbrook Public School.***

***Signed: Parent/Carer ………………………………………. Date:………………***

**RIVERINA SCHOOL SPORT ASSOCIATION**

**Codes of Fair Play**

Codes of Fair Play provide a supportive framework which promotes fair play and appropriate behaviour in school sport. These codes apply to players, teachers, coaches, principals, parents, officials and spectators who together provide the environment in which school sport is played. The following Codes apply to school sport at all levels and are designed to highlight:

* the principles of enjoyment, satisfaction and safe play in sport
* that students participate for their own sake and not to fulfil the desires of parents, adult groups or peers
* the encouragement of student participation in sport and its contribution to higher levels of student health and physical fitness.

## PLAYERS’ CODE

* Play for the fun of it.
* Play by the rules and always abide by the decisions of officials.
* Control your temper. Make no criticism either by word or gesture. Deliberately distracting or provoking an opponent is not acceptable or permitted in any sport.
* Work equally hard for yourself and your team. Your team’s performance will benefit and so will your own.
* Be willing to train and prepare for the game or competition. Preparation helps prevent injury and increases the level of enjoyment.
* Play only when you are fully fit. To play with injury will handicap your team, and may expose you to the risk of further and more serious injury.
* Be a good sport. Applaud the good play of your team mates and that of your opponents.
* At all times cooperate with your coach, team mates and opponents, for without them you do not have a competition.
* Remember the goals of the game are to have fun and improve your skills. Be modest in success and generous in defeat.

## TEACHERS’ AND COACHES’ CODE OF SUPPORT FOR FAIR PLAY

* Encourage students to develop basic skills in a variety of sports and avoid over specialisation in positional play during their formative years.
* Create opportunities to teach appropriate sporting behaviour as well as basic skills.
* Teach your players to play by the rules. The rules are designed to maximise enjoyment and safety.
* Give all players equal time in the game or competition. They need and deserve it.
* Remember that students play for the fun and enjoyment and that winning should not be over emphasised. Never ridicule students for making mistakes or losing a competition.
* Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the participants.
* When scheduling and determining the duration of training sessions and competitions, take into consideration the age and maturity levels of the students.
* Develop team respect for the ability of opponents, as well as for the judgement of officials and opposing coaches.
* Follow medical advice when determining when an injured player is ready to play again.
* Remember that students need a coach they can respect. Be generous with your praise when it is deserved and set a good example.
* Keep abreast of sound coaching principles and the principles of growth and development.
* Develop in students an awareness of the physical fitness values of sports and their life-long health and recreational value.

## PRINCIPALS’ AND SCHOOL EXECUTIVES’ CODE FOR SUPPORT OF FAIR PLAY

* Ensure that all students have equal opportunities to participate in sport, regardless of ability, gender, age and disability.
* Ensure that safety standards and procedures for all sports comply with the Department of Education and Training support document ‘Safety Guidelines for the Conduct of Sport and Physical Activity in Schools’.
* Consider the age, ability and maturity levels of the students when scheduling and determining the length of competitions.
* Ensure students play for fun and enjoyment and winning should not be over emphasised.
* Always emphasise good sportsmanship and highlight appropriate behaviour.
* Distribute and promote these Codes of Behaviour to teachers, players, officials and parents.
* Ensure appropriate supervision is provided by competent coaches, instructors and officials, capable of developing appropriate sports behaviour and skill technique.
* Promote respect for all opponents and condemn unsporting behaviour.

## PARENTS’ CODE FOR SUPPORT OF FAIR PLAY

* Encourage your child to always play by the rules.
* If children are interested in sport, encourage them to participate. Refrain from forcing an unwilling child to participate.
* Remember that children participate in organised school sports for their enjoyment and fulfilment, not yours.
* Teach your child that honest effort is as important as winning so that the result of each game is accepted without undue disappointment.
* Encourage your child to work towards skill improvement. Never ridicule your child for making a mistake or losing a competition.
* Always encourage the principle of good sportsmanship.
* Children learn best by example. Applaud good play by all individuals and all teams.
* Do not publicly question the officials’ judgement and never their honesty.
* Appreciate the contribution and commitment of teachers in coaching positions. They give their time and resources to provide sporting activities for your child and deserve your support.
* Have realistic expectations for your child and her or his team. Do not expect more than they can give.
* Support all efforts to remove verbal and physical abuse from sporting activities. Condemn the use of violence in any form.

## OFFICIALS’ CODE FOR SUPPORT OF FAIR PLAY

* Encourage rule changes that will match the skill level and needs of the players and reinforce the principle of participation for fun and enjoyment
* Compliment and encourage all participants.
* Be consistent, objective and courteous when making decisions.
* Be meticulous in penalising dangerous and foul play.
* Censure unsporting behaviour and promote respect for opponents.
* Make a personal commitment to keep yourself informed on sound officiating principles and the principles of growth and development.
* Ensure that games are played in an atmosphere conducive to good sportsmanship and enjoyment.
* Ensure that your behaviour, both on and off the field, is consistent with the principles of good sportsmanship.

**SPECTATORS’ CODE FOR SUPPORT OF FAIR PLAY**

* Students play organised sport for their own enjoyment. They are not playing to specifically entertain you.
* Always respect the decisions of officials.
* Never encourage physical or verbal abuse of players, coaches, officials or other spectators.
* Applaud good play by your own team and that of the opposing team.
* Show respect for your opponents. Without them there would be no game.
* Never ridicule a player for making a mistake or losing a competition.
* Encourage players to always play according to the rules.

**TEN WAYS TO BE A GOOD SPORT**



**SOUTHERN**





Here are some ways that young sports men and women can show others what good sportsmanship is all about.

* Be polite to everyone you're playing with and against. No trash talk — which means saying mean things while you're in the middle of a game.
* Don't show off. Just play your best. If you're good, people will notice.
* Tell your opponents "good game!" whether you've won or you've lost.
* Learn the rules of the game. Show up for practices and games on time — even if you're the star of the team.
* Listen to your coaches and follow their directions about playing.
* Don't argue with an official if you don't agree with his or her call. If you don't understand a certain call, wait until after the game to ask your coach or the official to explain it to you.
* Don't make up excuses or blame a team mate when you lose. Try to learn from what happened.
* Be willing to sit out so other team members can get in the game — even if you think you're a better player.
* Play fair and don't cheat.
* Cheer for your team mates even if the score is 1,000 to 1! You could inspire a big comeback!

1. Executive Overview, *Putting Sport and Physical Education Back into Education*, The Future of Sport in Australia, Australian Government, Independent Sport Panel. 2010 [↑](#footnote-ref-1)