

# Grays Point Public School Sport and Physical Activity Policy

## GRAYS POINT PUBLIC SCHOOL



### Sports and Physical Activity Policy

#### **OBJECTIVES**

- To provide a positive, nurturing environment that will promote the active participation in sport by all students, irrespective of their individual skill levels. Promoting the encouragement of student participation in sport will contribute to higher levels of physical fitness.
- To provide for all children a safe, healthy and friendly sporting environment that encourages a sense of personal achievement, identity and satisfaction.
- To provide a wide-range of sports, within available resources, that encourages maximum student participation in Friday sport and which teaches skills.
- To ensure that the qualities of teamwork, fair play, excellence, enjoyment and respect are promoted and encouraged.
- To ensure that PSSA and School Representative Team (Zone Squads) selection criteria are followed, ensuring that they are just, equitable and transparent.

#### **PHYSICAL ACTIVITY PROGRAM**

##### **K-2**

All K-2 students participate in class programs based on the Fundamental Movement Skills as set out in the curriculum. They participate in age-appropriate physical education, including gross motor skills, balance, throwing and catching and kinaesthetic ability. These skills lay the foundation for higher-level sports and activities in primary. The programs prepare students for active participation by developing positive attitudes, habits, skills and fitness as well as body knowledge.

##### **3-6**

Year 3-6 students also participate in fitness and skills programs as well as being able to join in minor/major games and other physical experiences. We offer opportunities to play competitively in many sports as well as developing skills in non-competitive sports.

Skills and game sessions will be provided in respective PSSA sports at school for children who missed selection, but wish to develop their skills in that particular sport.

## Grays Point Public School Sport and Physical Activity Policy

Alternatively, other sport options may be offered in conjunction with a school sport program; such as, but not limited to, tennis.

### **SELECTION CRITERIA FOR PSSA AND REPRESENTATIVE TEAMS**

#### **All PSSA Teams**

- When students are in Year 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, 13 years old in that year.
- All sports are mixed genders, unless otherwise stated.

#### **Competitive PSSA Teams**

- Information is either published in the school newsletter, on the school calendar, or announced at school, indicating that selection trials will be taking place.
- Selection for teams will be held over a minimum of two sessions.
- Trials will be held either during Friday sport time or lunchtime, unless otherwise stated.
- Where possible, a minimum of two teachers will be present at each selection trial.
- Junior and Senior players are assessed separately.
- PSSA is classified as an 'elite sporting program', and as such, teachers will select students who perform best during the selection trials.
- Children do not have to participate in the sport outside of school to be eligible to try out for the team, and participation in a team outside of school does not influence selection.
- The selections will be made according to performance at selection trial sessions; performance/grade played on weekend sport has no bearing on selection.
- Children who are absent due to illness or school commitments i.e. Zone sports or Selective High School Tests on all selection days may be considered at the discretion of the convenor - the student/parent must notify the convenor of their interest prior to the conclusion of the selection trials. Submission of interest to trial does not guarantee selection.
- If a student is absent due to attending a non-school event on all selection days they will not be considered.
- A commitment to the sport, team mates, attitude and behaviour is obtained from the selected students. All must sign a 'Players' Code of Conduct Contract' prior to playing their first competition game.
- To ensure that parents/spectators understand the commitments of school sport and the role that they play in their children's involvement, a 'Parents'/Spectators' Code of Conduct Contract' must be signed and returned to the school.
- Students are expected to be present at each training session for the duration of the PSSA season.
- Student misbehaviour at school can impact involvement in PSSA at the discretion of the school.
- Once selections have been made, decisions are final and must be respected.

# Grays Point Public School Sport and Physical Activity Policy

## **Non-Competitive PSSA**

- Places in senior teams will be offered to students in Year 6 first.
- Places in junior teams will be offered to students in Years 4 first.
- Interested students will put their name down for the sport they are interested in.
- If there are more students than places available, a random draw will take place. Students who were not drawn out will be moved over to another sport with spare spots (if available), otherwise, they will participate in school sport.
- If junior team places are not filled from Year 4 students, spots will be offered to Year 5 students eligible for the junior team, followed by Year 3 students. A random draw will take place if more students are interested than spots available.
- If senior team spots are not filled from Year 6 students, spots will be offered to Year 5 students. A random draw will take place if more students are interested than spots available.

## **Representative Trials**

- Students will be made aware of upcoming representative trial dates. These dates will be announced during whole-school assemblies.
- All representative trials are 'open-age groups' (unless otherwise specified). Except in extraordinary circumstances, only students in Years 5 and 6 will be considered.
- As per Cronulla Zone, representative trials are for "Talented/outstanding players only".
- Due to the limited number of selection spots available to each school, only students who demonstrate exceptional skills relative to their sport will be considered.
- The sports convenor will make an assessment as to whether the student is eligible to attend representative trials. This assessment will be made based on proof and evidence of sporting achievements for the specified sport.
- Where necessary, the sports convenor may choose to hold a school trial session. This could be done if there are more than the desired number of representatives, or if an accurate assessment of ability is unable to be made.
- It is not mandatory for schools to select students for representative trials if the required skill level is not met.

## **Tennis**

- When students are in Year 3 to 6, they have the option of participating in a Tennis program at Kirrawee Matchpoint Tennis.
- Students can put their name down for Tennis, instead of PSSA sports.
- If more students put their names down than spots available, a random draw will take place.
- For subsequent terms of Tennis in the same calendar year, students who had previously participated in Tennis will be given first choice of rejoining, to aid in the continuation of their skill development.

# Grays Point Public School Sport and Physical Activity Policy

## SWIMMING, CROSS COUNTRY AND ATHLETIC TEAMS

### Swimming

- Freestyle 50m – First 3 places, timed or event finalist, advanced to Zone Carnival.
- Form Strokes – First 2 places per age division – Junior (8,9,10 years) 11 years and Senior (12,13 years) are eligible for Zone carnival.
- There is usually a qualifying time, which will determine entry into the Zone Carnival.
- Relay teams are chosen on the 4 fastest times over 50m freestyle from the school carnival.
- Individual Medley and 100m events have qualifying times and only 2 places (1<sup>st</sup> and 2<sup>nd</sup>) advance to Zone if they qualify.

### Cross Country

- Divisions are: 8-9 years (Male and Female), 10 years (Male and Female), 11 years (Male and Female) and 12-13 years (Male and Female).
- 8-10 years students will run 2km and 11-13 years students will run 3km.
- The first 6 places in each age division advance to the Zone Cross Country Carnival.
- 4 reserves will be recorded for each division.

### Athletics

- Age races (100m) – First 3 timed places go to Zone.
- All other Track events - First 2 timed places go to Zone.
- Field events – First 2 places go to Zone.
- Some events have qualifying times which can determine entry.
- The top 6 place-getters from the Cross Country Carnival will be invited to participate in the 1500m race. The top two times from each age division will be submitted to check for eligibility to compete at the Zone Carnival.

### Consideration for Inclusion at a Zone Carnival

- Students must be in attendance and compete at the Grays Point Public School Carnival (Swimming, Cross Country or Athletics) to be eligible to represent the school at the Cronulla Zone Carnival and subsequent Sydney East Association PSSA Championships, unless they are: competing at a higher level school sporting competition or trial conducted by the Cronulla Zone PSSA, Sydney East Association PSSA, NSWPSA or School Sport Australia. Competitions or events not conducted by these associations are not considered.
- Students who miss a carnival due to the aforementioned circumstances must make a submission in writing to the school within 24 hours of the completion of the carnival. The submission MUST include all relevant details including: the specific event/s requested; recent performances from school-based carnivals; and the reason for the request. The application will be considered by a panel consisting of executive staff and the school sport organisers. Submission of a consideration for inclusion application form does not guarantee inclusion in the Grays Point Public School Sport Team.
- Students who are absent from the carnival due to illness or leave **will not** be considered for selection.

# Grays Point Public School Sport and Physical Activity Policy

## **SELECTION CRITERIA FOR ANNUAL SPORTS AWARDS**

### **PSSA**

Each competitive PSSA sport teacher will nominate one Best and Fairest award for each Junior and Senior team. These awards will be selected by the teachers responsible for each sport.

Australian PSSA championship Representatives - any child selected to compete at PSSA National Titles will have their name recorded on the School Honour Board and recognised at the annual Speech Night.

### **SCHOOL CHAMPIONS**

There will be a Junior Boy and Girl and a Senior Boy and Girl awarded as champions in Swimming and Athletics. These will be awarded on their performance at School Carnivals. The Athletics award will combine the results at both the Athletics and the Cross Country Carnivals. Recipients are decided using a point system, tallying results from all carnivals.

### **SPORTS BOY AND SPORTS GIRL AWARDS**

These awards are to recognise excellence and sportsmanship and will honour one Year 6 boy and one Year 6 girl. Their sporting achievements in Year 6 at Grays Point will be considered. Points will be awarded for the following:

- Successfully making a Zone team
- Successfully making a Sydney East team
- Successfully making a State team
- Successfully making a National team
- Performance at School Cross Country
- Performance at School Swimming Carnival
- Performance at School Athletics Carnival

The Sports Coordinator will maintain the sporting achievement records throughout the year. The recipients of these awards will be the boy and girl with the most accumulated points.

## Grays Point Public School Sport and Physical Activity Policy

### **HOUSE CAPTAIN AND VICE CAPTAIN ELECTIONS**

- Each year, two captains and two vice captains will be elected to represent each of the four sporting houses. There will be an even gender split where possible. If there are no candidates from one gender to fulfil the role, another student of the same gender will be eligible.
- Captains will be Year 6 students, and Vice Captains will be Year 5 students. A Year 6 student may be a Vice Captain if there is no interest from Year 5 students in being a Vice Captain.
- Students interested in taking on a captaincy position will need to complete an Expression of Interest during Term 4. This will be provided to interested students and must be endorsed by a parent/caregiver. Late entries will not be accepted.
- Interested students will be asked to deliver a speech to their house group of no more than one minute. The prepared speech may be read, prompted by palm cards or delivered by rote.
- A peer, visual aid, puppet, recorded music, performance or digital presentation will not be allowed during the delivery of the candidate's speech.
- If a nominee is absent on the day of the speeches through ill health or school event, their name will be read out to the audience as per the ballot but no presentation will be made by another on their behalf.
- Immediately following all the speeches, the elections will take place by secret ballot with votes to be cast by Year 2-5 students at the House meeting. Students may vote for Captains and Vice Captains in their house only.
- Year 2-6 teachers will be allowed one vote for each house group.
- Teachers at the House Meeting are responsible for distributing and collecting all ballot papers for their House.
- Final results are placed in a sealed envelope and returned to the Sports Coordinator who shall be responsible for checking the tallies and determining the outcome of the election.
- The Year 6 girl and the boy with the highest number of votes will be the new House Captains.
- The Year 5 girl and the boy with the highest number of votes will be House Vice-Captain.
- This process will run simultaneously with the Leadership Team process. Students may apply for both House Captain and Leadership Team positions; however, Leadership Team positions will take precedence. For example, if a student was successful in making the Leadership Team, they would be deemed ineligible for House Captain, and the student with the next highest number of votes would take their place.

# Grays Point Public School Sport and Physical Activity Policy

## **CODE OF CONDUCT**

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.

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.

The school reserves the right to vary a student's participation in sporting activities if the code of conduct is breached.

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

# Grays Point Public School Sport and Physical Activity Policy



**P.S.S.A Code of Conduct**  
**Values: Teamwork Fair Play**  
**Excellence Enjoyment Respect**



---

---

## Players' Code

---

---

### Rationale:

Representing the school in PSSA Competitions provides an opportunity for talented athletes to extend their skills and compete against similarly skilled students from other schools.

Representing the school is an honour and students have a responsibility to compete at all times in a manner that brings credit to themselves and their school. The following Code of Conduct has been devised to guide the achievement of this outcome.

- Play for the fun of it.
- Work equally hard for yourself and your team.
- Be a good sport and encourage your fellow team members.
- Cooperate at all times with your coach, teammates and opponents.
- Compete by the rules and always abide by referees/umpires or touch judge decisions.
- Control your temper and behaviour whilst on and off the playing field and make no criticism either by work or gesture.
- Whilst on the sidelines do not touch any sporting equipment. Sit and support your participating school mates.
- Be modest in success and generous in defeat (i.e. don't show off when successful or be a bad sport when defeated).

<b>Parents'/Spectators' Code of Conduct Contract</b>
--

### Parents'/Spectators' Code

- Remember that children play sport for their enjoyment, not yours.
- Encourage children to participate, do not force them.
- Focus on the child's efforts and performance rather than winning or losing.
- Encourage children to always participate according to the rules and the officials' decisions.
- Never ridicule or yell at a child for making a mistake or losing a game. Positive comments are motivational.
- Applaud good performance and efforts from each team and congratulate all participants upon their performance regardless of the game's outcome.
- Show respect for your child's opponents for without them there would be no game.



## Grays Point Public School Sport and Physical Activity Policy

- Show appreciation of volunteer coaches, officials and administrators for without them, your child could not participate.
- Do not publicly question the officials' judgement and never their honesty.
- If you disagree with an official, raise the issue through the appropriate channels in writing rather than questioning the official's judgement and honesty in public.

### **CONSEQUENCES RE BREAKING : CODES OF CONDUCT**

#### Students:

Should a student break the code of conduct that they have signed they must be prepared to accept both the responsibility for and the consequences resulting from their actions at sport.

These include:

- Possibly missing scheduled events;
- Being sent off and replaced for the remainder of a game
- Possible suspension from future Zone sporting events;
- Accepting consequences in line with the Cronulla Zone PSSA code of conduct and the Department of Education's code of conduct.

#### Parents/Spectators:

Should parents/spectators break the signed code of conduct they need to be prepared to accept both the responsibility for and the consequences resulting from their actions at a Cronulla Zone PSSA sporting event. These include:

- Being asked to leave the premises or ground/park by a Zone teacher/Convener;
- Meeting with their school principal to discuss future attendance at Cronulla Zone PSSA sporting events;
- Police being called and parents/spectators being charged with section 60E where Zone teachers feel that student or teacher safety is threatened or intimidated by either verbal or physical abuse.

Updated February 2023