

Pittwater High School

Sport & Physical Activity Policy



Rationale

Sport and physical activity play an integral role in the culture of Pittwater High School and the wellbeing of our staff and students. Student participation in planned physical activity includes time spent in PDHPE practical classes and organised sport on a Wednesday afternoon. These activities are designed to foster a positive and active school environment and develop students' physical, social, mental, emotional and spiritual wellbeing.

As per the NSW Department of Education's 'Sport and Physical Activity Policy', students at Pittwater High School must participate in a minimum of 150 minutes of planned moderate activity, with some vigorous physical activity, across the school week. This policy is informed by evidence based research, Australia's Physical Activity and Sedentary Behaviour Guidelines and the Melbourne Declaration on Educational Goals for Young Australians.

Year 7 participate in an 'integrated' sport program. This consists of six one-hour lessons in their fortnightly timetable and is integrated within the PDHPE program.

Years 8, 9 & 10 participate in a structured sport program on Wednesday afternoons from 12.40pm-2.30pm. This program is compulsory for students to fulfil the requirements set out by the NSW Department of Education.

Procedures for Wednesday Afternoon Sport (Years 8, 9 & 10)

As stated previously, students in Years 8, 9 & 10 must participate in the structured Wednesday afternoon sports program.

At the beginning of each sport rotation, students must select their three sport preferences using the 'School Bytes' website. Sample sport options can be seen in the appendix of this document (please note : these are subject to change due to organisational changes, student numbers, external venues or other restrictions).

On a Wednesday afternoon, from 12.40pm-2.30pm, students in Years 8, 9 & 10 are expected to :

- Attend their chosen sport every week unless they are absent from school, sick/injured or given an 'elite sportsperson' exemption
- Behave in a responsible and respectful way towards staff, students and members of the public
- Check the sports messages and instructions on a Wednesday morning and be punctual for their chosen sport
- Bring a hat and water bottle
- Participate at a satisfactory level throughout the duration of the sport
- Wear the full sports uniform - suitable footwear and no black shorts

Attendance

As Wednesday school sport is a compulsory part of the school week for Years 8, 9 & 10, students are expected to maintain attendance at 85% or over.

Students planning to be absent from sport on a particular Wednesday afternoon, due to a medical appointment or other emergency, are required to follow the following procedures :

- **Students must present a signed parent note to their relevant Deputy Principal before 8.40am on the day of their proposed absence**
- The note must give a specific reason (e.g. specialist medical appointment). Students attending medical appointments must provide a medical certificate to the front office on the day following their absence
- Notes without a specific and valid reason will not be accepted
- **The school is unable to accept emails due to the large volume of emails received by the front office.**

Wet weather

If a sport is canceled due to poor weather students are expected to attend their wet weather room for the duration of sport time. In this case, students are encouraged to use the time productively to complete homework/assessment tasks. Additionally, the supervising teacher may provide a health/sport specific educational documentary or movie.

Sport Detention

Students will be placed on a Wednesday afternoon sport detention if they :

- Truant sport (either partially or in full)
- Demonstrate unacceptable behaviour (disobedience, disruption, unsafe behaviour)

The weekly, supervised sport detentions take place in A8 from 12.40pm-2.30pm.

Students are able to use devices to complete homework/assessment tasks.

Students on detention (and their parents/caregivers) will be notified of their detention reason and date via an email from the sports coordinator.

The 'Elite Sportsperson' Exemption

As stated earlier in the policy, sport is an integral part of the school week at Pittwater High School. We are passionate about the benefits of weekly, regular physical activity for the holistic wellbeing of our students.

However, we do have a number of very committed, elite sports people who already devote many hours of their week to organised, competitive sport.

In this case, students are able to apply for an 'Elite Sportsperson Exemption' from Wednesday sport if they :

- Participate in a **minimum of 10 hours per week** of organised, structured sport/training **AND**
- Are training/preparing for a **State or National based competition**

Applications must be emailed to Nick Johns at nickolas.johns@det.nsw.edu.au at the beginning of each sport rotation and include an outline of weekly sporting commitments and the competition/s the student is training for.

***Please note : exemptions are only valid for one term/sport rotation due to changing circumstances throughout the year. Therefore exemptions must be sought for each term/sport rotation.

***NOTE : During an average year, this exemption is given to approximately 3% of each year group.

Appendix

SAMPLE

Term 1 Sport Selections Options Years 8, 9 & 10

Sport	Cost	Venue	Further Details
Skateboarding	NIL	Mona Vale Skate Park	Students must wear a helmet. Knee/elbow protection is recommended.
Bayview Walking	NIL	Bayview – Church Point	Enjoy a picturesque walk from the school grounds towards Church Point and back. Students must wear a hat. Sunscreen provided.
Beach Sports	NIL	Mona Vale Beach area	Students will rotate between soccer, touch, walking and volleyball.
Cheerleading	\$90 (\$10 p/w)	Highrise Cheerleading, Mona Vale	Cheerleading classes including stunting, tumbling, jumps, pyramid and dance. No prior experience needed.
Flips, Tricks and Parkour	\$90 (\$10 p/w)	Highrise Cheerleading, Mona Vale	Flips, Tricks and Parkour classes for all abilities. Students will learn tumbling skills along with parkour tricks during these classes with a fully qualified instructor.
Fishing	\$30	Winnereremy Bay Reserve	Students bring their own fishing rods. Money goes towards bait/tackle for the term.
Stand-Up-Paddle boarding/Kayaking	\$135 (\$15 p/w)	Paddlecraft, Bayview	Students walk to venue – Paddlecraft, Pittwater Rd, Bayview.
House Sport Competitions – Year 8	NIL	School and surrounding areas	Students will be placed in teams and play a range of different sports throughout the term.
House Sport Competitions – Year 9	NIL	School and surrounding areas	Students will be placed in teams and play a range of different sports throughout the term.
House Sport Competitions – Year 10	NIL	School and surrounding areas	Students will be placed in teams and play a range of different sports throughout the term.
Female Fitness	\$90 (\$10 p/w)	The Fitting Room 19 Bungan Street, Mona Vale	The Fitting Room is a boutique women's fitness studio delivering a comprehensive, body-changing workout in a small class environment.
CrossFit	\$90 (\$10 p/w)	CrossFit Athletic	Challenging, fun, group exercise down at Mona Vale CrossFit, Bassett st.
Surfing – Mona Vale	NIL	Mona Vale Beach	Students must have their Surf Survival Certificate or Surf Rescue Certificate (SRC)
Yoga	NIL	School	Enjoy some challenging and fun yoga classes.
Lawn bowls	\$40	Mona Vale Bowling Club	Students walk down to Mona Vale Bowling Club.

Grade Sport (competing against a local school in the Warringah Zone)

Girls - Away

Sport	Staff	Instructions
Junior Soccer	Ferris/Flood	Bus 2- Careel Bay and Hitchcock park @12.30pm
Senior Soccer	Bates	Bus 2- Careel Bay and Hitchcock park @12.30pm
Touch	Payne	Bus 2- Careel Bay and Hitchcock park @12.30pm
Netball (Jnr & Snr)	Hayes	Bus 1 – Barrenjoey High School @12.30pm
Open Volleyball	Hamilton	Bus 1 – Barrenjoey High School @12.30pm
Open Basketball	Bryant	Bus 1 – Barrenjoey High School @12.30pm

Boys - Home

Sport	Staff	Instructions
Junior Soccer	Lacey	Home game at Kitchener Park. Meet on the grassed area at the front of the school at 12.30pm to mark rolls. Walk to Kitchener.
Senior Soccer	Morton-Ramwell	Home game at Kitchener Park. Meet on the grassed area at the front of the school at 12.30pm to mark rolls. Walk to Kitchener.
Junior Touch	Stoyef	School oval at 12.40pm
Senior Touch	Quince	School oval at 12.40pm
Basketball (Jnr & Snr)	Trout	School basketball courts at 12.40pm
Open Volleyball	Hamilton	Bus 1 – Barrenjoey High School @12.30pm

Recreational Sport

Sport	Instructions
Skateboarding	Meet on the grassed area at the southern side of the school (near the south gate) at 12.40pm to mark rolls. Walk to Mona Vale Skatepark. Dismiss from the venue at 2.30pm. Students must wear a helmet.
Bayview Walking	Meet in B7 at 12.40pm for roll marking. Lock bags in the room. Take students out the side gate (near the PE staffroom) on the bayview walking route.
Flips, Tricks and Parkour	Meet in B18 at 12.40pm to mark roll. Walk students down to Highrise, Bassett Street. Dismiss from the venue at 2.30pm.
Yoga	Meet in the Performance Space at 12.40pm. Yoga in the PS. Dismiss students at 2.30pm.
Year 8/9 School Sport	Mixed games at Winnereremy Bay park. Meet on the concrete amphitheater outside the HALL at 12.40pm for roll marking. Escort students out the side school gate to Winnereremy Bay park. Students choose an option and stay within the outside boundary of the concrete walkway. Dismiss students from the park at 2.30pm.
Year 10 School Sport	Mixed School Sports Meet in the QUAD for roll marking at 12.40pm (opposite side to the netball court). Students choose between basketball, handball, tennis or soccer. Dismiss from school at 2.30pm.
Female Fitness	Meet in B25 for roll marking at 12.40pm. Walk to The Fitting Room, Mona Vale. Dismiss from venue at 2.30pm.
CrossFit	Meet in DL2 for roll marking at 12.40pm. Walk students down to Mona Vale CrossFit. Dismiss from venue at 2.30pm.

Sport	Cost	Venue	Further Details
Skateboarding / scootering	NIL	Mona Vale Skate Park	Students must wear a helmet. Knee/elbow protection is recommended.
Bayview Walking	NIL	Bayview – Church Point	Enjoy a picturesque walk from the school grounds towards Church Point and back.
Beach Sports	NIL	Mona Vale Beach area	Students will rotate between beach walking, soccer, touch and volleyball.
House Sport Competition - Year 8 (at school)	NIL	School + surrounding areas	Students will be placed in teams and play a range of different sports throughout the term.
House Sport Competition - Year 9 (at school)	NIL	School + surrounding areas	Students will be placed in teams and play a range of different sports throughout the term.
House Sport Competition - Year 10 (at school)	NIL	School + surrounding areas	Students will be placed in teams and play a range of different sports throughout the term.
Yoga	NIL	School	Enjoy some challenging and fun yoga classes in the CLS
Surfing at Mona Vale	NIL	Mona Vale Beach	Students must have their Surf Survival Certificate, Surf Rescue Certificate (SRC) or surf bronze medallion.
Flips, Tricks and Parkour	\$80 (\$10 p/w)	Highrise Cheerleading, Mona Vale	Flips, Tricks and Parkour classes for all abilities. Students will learn tumbling skills along with parkour tricks during these classes with a fully qualified instructor.
Fishing	\$25	Winnereremy Bay Reserve	Students bring their own fishing rods. Money goes towards bait/tackle for the term.
Female Fitness	\$100 (\$12.50 per session)	The Fitting Room 19 Bungan Street, Mona Vale	The Fitting Room is a boutique women's fitness studio delivering a comprehensive, body-changing workout in a small class environment.
CrossFit	\$80 (\$10 p/w)	The Mona Gym	Challenging, fun, group exercise down at The Mona Gym - 14 Tengah Crescent Mona Vale
Lawn bowls	\$40	Mona Vale Bowling Club	Students walk down to Mona Vale Bowling Club.
Stand Up Paddle Boarding / Kayaking	\$120 (\$15 per session)	Paddlecraft, Bayview	Students walk to the venue – Paddlecraft, Pittwater Rd, Bayview.
Surf Survival Certificate (Years 8/9 only)	\$150	Mona Vale Beach / School	Students wishing to do Surfing in Years 9/10 MUST do this qualification. Students will be participating in a range of swimming and survival skills in and out of the water. They will receive a formal qualification.