

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 two 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 successfully applied for and received an elite sports person 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 cancelled 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.

Sport Detention

Students will be placed on a Friday Lunch 2 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 1- 1:30pm.

Students on detention (and their parents/caregivers) will be notified of their detention reason and date via an email from their teacher overseeing that sport.

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 Trent Schmutter at trent.schmutter3@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.