



# KAREELA PUBLIC SCHOOL

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PROMOTING EXCELLENCE AND LIFELONG LEARNING

# **School Sport and Physical Activity Policy**

## Document History

Date	Action
14/11/2019	Policy Written by Mitchell Peacock and reviewed by Kareela PS Executive staff
3/12/2019	Presented to P & C
5/12/2019	Presented to all Staff
5/2/2020	Policy attached to the school newsletter for the school community to view and posted to school website for public viewing
4/5/2020	Edited based on advice from School Sports Unit.
Jan 2021	Review Policy at Staff Development Meeting
16/6/2022	Edit to reflect renaming of Sports Boy/Girl Champion

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## 1. Introduction

This document contains school-based procedures for the organisation and management of sport and physical activity programs and aims to provide information about our school to students, staff, parents/carers and community stakeholders. These procedures reflect the ethos of our school and establish a framework and context for sport within our school community.

The procedures document includes information on safe conduct guidelines, resourcing implications, delivery and evaluation processes to support quality sport and planned physical activity programs. It has been prepared as a resource for Kareela Public School and to all members of the Kareela Public School community (teachers, administrators, parents and caregivers, volunteers).

## 2. Rationale

School sport in NSW public schools contributes to the minimum 150 minutes of planned moderate with some vigorous physical activity required in K-10 schools across the school week. Schools are also encouraged to provide Year 11 and 12 students with 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 that requires 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 corner-stones 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 wellbeing, 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
- National Professional Standards for Principals, Education Services Australia (Ministerial Council for Education, Early Childhood Development and Youth Affairs), July 2011
- self-esteem and resilience
- effective organisational, motivation and performance skills
- connectedness to school
- benefits of an active lifestyle well beyond the school environment.

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

- developing an appreciation for fair play and being part of a team or group sharing the same experience.

### 3. 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. Activity such as this provides an opportunity for students to acquire and practice 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 accelerates 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.'

#### 3.1 Curricula links

Mandatory planned physical activity, totalling 150 minutes per week, 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 for physical education from Kindergarten to Year 10.

School Sport is an Integral part of the primary school curriculum 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.

##### 3.1.1 Fundamental movement skills

Fundamental movement skills are the building blocks or foundations of human movement or precursor movement patterns to more specialised skills in physical activity contexts such as games, sports, dance, gymnastics, aquatics and recreation activities. They provide the foundation for confident and competent participation in a range of physical activities leading to a lifetime of physical activity.

Developing fundamental and tactical movement skills in PDHPE provides students with the opportunity to acquire and master a range of movement skills, understand the health benefits of movement, and have the skills and dispositions to participate in a lifetime of physical activity as confident, competent and creative movers.

Kareela Public School has taken a whole school approach to teaching the 12 Fundamental movement skills in partnership with community resources and local, state and national initiatives. This approach is important in reinforcing and validating learning and providing consistent messages to students to establish individual and collective action and interactions that promote and strengthen healthy, safe and active lives.

A detailed planning guide for the whole school approach to the teaching and learning sequence of Fundamental movement skills can be found here: [Kareela Public School Fundamental Movement Skill planning guide](#)

### **3.2 Cross-Curricula links**

At Kareela Public School teachers are encouraged to incorporate physical activity across their classroom teaching and learning programs. Implementation of the Thinking While Moving pedagogy based on Dr Nick Riley's EASY (Encouraging Activity to Stimulate Young) minds research at the University of Newcastle is strongly advised through all Key Learning Areas.

Examples include:

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

## **4. Aims**

Kareela Public School's sport and physical activity program aims to:

- encourage participation by all students in inclusive 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.
- to provide all children with physical education and sport experiences and opportunities that align with guidelines mandated by the National Education Standards Authority.
- provide opportunities to students who show High Potential and Giftedness in the Physical Domain according to the HPGE.

## **5. Procedures**

The procedures reflect the ethos of the school and establish a framework and context for sport within the school.

### **5.1 Scope**

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

### **5.2 NSW Department of Education Policy**

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

The Sport and Physical Activity Policy 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 inform all school sport and physical activity programs and practices at Kareela Public School.

In addition the following policies/documents of Kareela Public School are included in our organisation and management of sport and physical activity programs:

- o [SunSmart schools](#)
- o [PSSA Teams Generic Risk Assessments](#)
- o [PSSA Players and Spectators Code of Conduct](#)
- o [Generic Sport Guidelines](#)
- o [External Providers Checklist](#)
- o [Excursion proposal form](#)
- o [Sports Captain and Vice Captain Nomination form](#)

### **5.3 Roles and Responsibilities**

Kareela 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 Kareela Public School, school sport operates as a stage based activity and is supported through a range of organisational details to successfully conduct carnivals 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 conduct 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.

## **6. Management of School Sport and Physical Activity Program**

### **6.1 Affiliation**

Kareela Public School is a member of the Sutherland Zone PSSA and Sydney East PSSA and NSW PSSA.

### **6.2 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, the NSW PSSA codes of behaviour and also promotes 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.

### **6.3 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, safety 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 specific needs and interests such as:
  - female students (if school is co-educational)
  - 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 Kareela Public School and Sutherland Zone PSSA 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.

## **6.4 Carnivals – Swimming, Cross Country and Athletics**

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

### **6.4.1 Zone Carnivals**

At the conclusion of Kareela Public School carnivals, students who have qualified to represent the school at the zone level are identified and given a note. In most circumstances, students placed 1<sup>st</sup> and 2<sup>nd</sup> in each event are selected to represent the school. However, students must also meet qualifying times or distances to participate at Zone level. Similarly students who then qualify to represent Sutherland Zone at Sydney East level are notified at Zone carnivals.

If a student is unable to attend any of the Kareela Public School Carnivals they may submit registered times and distances from an organisation recognised by Sport Australia that were completed within the same calendar year. These results must be submitted to the sports coordinator prior to the school carnival. It is at the discretion of the sports coordinator, in consultation with the Principal, if these results will be accepted. If the student is unable to provide times and distances, the sports coordinator will endeavour to give the student the best possible chance to participate in the appropriate Zone Championship. If a student is absent from the School Carnival they will not be eligible to be Aged Champion.

### **6.4.2 School Relay Teams**

Selection of relay teams will be based on the student's time in their heat and final for their age group. Junior Relay teams will be made up of the four (4) fastest students from the 8, 9 and 10 year age groups whereas the Senior Relay team will be made up of the four (4) fastest students from the 11, 12 and 13 year age groups. The fastest times for the two age groups will be compared from the heats and finals of the aged races with the four (4) fastest in the juniors and four (4) fastest in the seniors being taken as the school representatives. Relay teams will be gender specific.

## **6.5 School Sports Competition Information**



### **6.5.1 Participation**

At Kareela Public School, Years 3-6 participate in PSSA Sport on a Friday. At Kareela Public School the intra and inter-school sport program includes seasonal sports and recreation activities, inter-school carnivals and representative sport. Various sports and competitions are conducted at school, local venues and between schools in the district/zone. Schools in the Sutherland Zone combine to form sporting competitions throughout the year. The PSSA determines which sports will be made available and which terms competitions are held. These are based on ground availability and cost.

### **6.5.2 School based sport**

The school provides a range of school based sports that focus on the skills and games sense required for team based sports such as soccer, netball etc. The school sport program is designed and programmed to offer students a range of basic skills needed to progress into a PSSA team. They are also taught other fundamental skills appropriate to their grade and stage.

### **6.5.3 PSSA Knockout Competitions (NSW)**

The Sydney East PSSA and NSWPSA run knockout competitions for a range of sports throughout the year. Schools play each other in a one-off match, with the winning team progressing to the next round. Depending on staff availability, student interest, timing of other school activities and parent assistance, the school may choose to enter teams into any of the NSWPSA knockout competitions. Once approval has been given from the Principal to attend the advertised event the organising teacher will follow the team selection criteria outlined in 4.5.

### **6.5.4 Gala Days and Skills Sessions**

From time to time the school may have the opportunity to enter teams in gala days or to arrange for sporting associations to conduct skills sessions at school or at venues outside of the school. Participation is open to all interested students in an identified group. If places are limited the school will notify students of the selection process. Priority may be given to senior primary students in this instance *where appropriate* if the opportunity presents a final chance to compete at or try out a particular sport. This would be applied to students leaving for high school for instance, who are unlikely to play the sport offered again due to size or risk factors.

### **6.5.5 Team Selection**

Teachers are responsible for selecting sports teams for various competitions. The coaches of the teams as well as other school staff will run selection trials at school, after giving students sufficient notice, choosing teams and advertising the teams as soon as possible. Selection will be at the discretion of the teacher/coach and will predominantly be based on merit. Note that 'merit' refers to students who the selectors feel are the strongest players and, importantly, also offer the school the best team (with personal attributes such as behaviour and sportsmanship taken into consideration).

Students must attend at least one trial date to be eligible for selection in the team. Students who know in advance that they will be away may be allowed a trial ahead of schedule if the teacher in charge and other students are able to attend. This is at the teacher's discretion. In the event that the advertised selection dates are cancelled due to weather or external factors the sports coordinator and teachers/coaches will endeavour to hold alternative trials midweek.

Where a PSSA team selection is being held, students who are not selected for a PSSA team are able to participate in school based sport and may be able to train with the PSSA team if conditions allow for such.

## **6.6. Representative Sport**

Students have the opportunity to gain representative selection in a number of individual and team sports throughout the year. School, zone, regional and state selection policies exist under the guidance of the New South Wales Primary Schools Sports Association

The PSSA runs additional competitions in various sports between Zones and Associations. Zone trials are held by the Sutherland Zone PSSA and students are nominated by the Kareela Public School sports coordinator to attend. In general, nominated students play at representative level outside the school. The sports coordinator notifies students of these opportunities via an announcement at school. As the level of skill required to represent Kareela Public School at Zone or Association level is very high, the sports coordinator may elect not to nominate any KPS students for trial. Further information regarding PSSA sport can be found at: [www.sports.det.nsw.edu.au/nswpssa](http://www.sports.det.nsw.edu.au/nswpssa)

Parents/carers are responsible for taking these representatives to and from the various trials and gala days associated with Zone/Association selection.

### **6.6.1 Financial assistance**

For students successful in gaining selection in the various levels of representative they have the opportunity to receive financial assistance for any costs associated with their inclusion in the team.

Financial assistance will be provided by the school as follows;

- Students representing Sutherland Zone PSSA will receive no financial support.
- Students representing Sydney East PSSA within the Sydney East region will receive no financial support.
- Students representing Sydney East PSSA remotely will receive \$50 of financial support.
- Students representing New South Wales PSSA within the Sydney Metro region will receive \$50 of financial support.
- Students representing New South Wales PSSA interstate or in regional NSW will receive \$100 of financial support.

## **7. School Sports Awards and Recognition**

### **7.1 PSSA Awards**

At the conclusion of the PSSA season the coach/teacher will provide the sports coordinator with a student's name who will receive the team's award presented at the Kareela Public School annual sports assembly. This will be determined at the teacher's discretion and it will be the responsibility of the coach/teacher to coordinate the selection of this award. Weekly sports awards may be given out at the desire of the team coach. These are not mandatory.

### **7.2 Athletics and Swimming Age Champion**

At the completion of the Kareela Public School annual Swimming and Athletics Carnivals an Age Champion will be calculated. The age divisions available are gender specific and include Junior (8,9 and 10 years), 11 years and Senior (12 and 13 years).

#### **7.2.1 Points earned**

Points will be awarded to students according to the following rules:

- o Points will only be awarded to students who place in a final.
- o No points will be given for heats.
- o If the event is advertised as a timed final, points will be awarded according to the places earned in that particular race.

- o Where there are not enough students to fill multiple heats then the heat will be considered as a timed final and points will be awarded accordingly. Students will be notified at the time if this is the case to allow them to compete at their fastest.

### **7.2.2 Point Allocation**

Points are allocated per event as follows;

1st place - 12 points, 2nd place - 9 pts, 3rd place - 6 pts and 4th place - 3pts

- These points do not contribute to overall Boy or Girl Sport Champion.

### **7.3 Sports Boy and Girl Champion**

Kareela Public School will announce a Sports Boy and Girl Champion from within the school at the conclusion of the calendar year at Presentation Day. The recipient of this award will be determined by a points scoring system where students will receive points based on their participation in PSSA teams, selection in Zone, Association and State teams and/or their involvement in the many levels of carnivals. Points will be also available for students who receive an Age Champion's award.

Points are accumulated via the following methods;

- Kareela Public School representative in PSSA team, at Zone Carnivals and/or participation in competitive Gala Days - *1 point*
  - Sutherland Zone representative in a selected sports team and/or at an Association Championship/Trial- *2 points*
  - Sydney East Regional representative in a selected sports team and/or at a State Championship - *4 points*
  - New South Wales State representative in a selected sports team and/or at a National Championship - *6 points*
  - Age Champion from either the Athletics or Swimming School Carnival or Zone Championship- *2 points*
  - If selected in a combined zone team where separate trials are held the student will receive the 2 points for Sutherland Zone selection and then receive an additional 1 point if selected for the combined team. Where selection trials are run together and the student is selected in the combined zone team they will only receive the 2 points
- o No points will be given to students who attend a selection trial.
  - o If a student decides to not attend a trial or carnival at a higher level they will not receive the points associated with selection in that team.
  - o If a student is unwell on the day of competition they will only receive points if a medical certificate is provided to the School Sports Coordinator.
  - o In the event that the competition is cancelled by the organising committee the student will still receive the points for their selection in the team.
  - o If misadventure occurs with valid reasoning in transit to the event the student can apply to the School Sports Coordinator to have the points applied.

**NB: The Sports Boy Champion award was renamed the Wayne Smith Sports Boy Champion (2019) in recognition of the outstanding service to school, zone and regional sport at Kareela Public School that Mr Smith made over his 28 year career at Kareela Public School.**

**The Sports Girl Champion award was renamed the Karen Brady Sports Girl Champion (2021) in recognition of the outstanding service to school, zone and regional sport at Kareela Public School that Mrs Brady made over her 18 year career at Kareela Public School.**

## 7.4 Premier's Sporting Challenge Medal

The NSW Premier's Sporting Challenge (PSC) medal gives schools an opportunity to acknowledge student commitment and contribution to sport and physical activity programs. The medal is intended to acknowledge **ONE** student in each school for their outstanding:

- commitment to fair play
- effort and improved performance in a sporting context
- contribution to the school's weekly sport and physical activity programs.

The student most deserving of the PSC Medal always tries their very best, encourages other students and always seeks to wholeheartedly participate in school sport and/or physical activity programs.

It does not replace existing school sport awards but recognises the student who enthusiastically joins in games and sporting events, always tries their best, offers encouragement to others or takes on responsibility for physical activity programs in the school.

The PSC Medal is not directly affiliated with the PSC 10 week Challenge, and any student at the school can receive this medal – they do not have to take part in the 10 week Challenge.

## 7.5 Sports House Champion

At each of the 3 carnivals, Swimming, Athletics and Cross Country points will be distributed based on the outcome of all events. A House champion will be crowned at each individual carnival. An overall House Champion will be crowned at the end of the year from an accumulation of points from all three (3) carnivals.

Points are accumulated via the following methods;

- Swimming and Athletics Carnival
  - Heats; 1st - 4 points, 2nd - 3 points, 3rd - 2 points, 4th 1 point
  - Finals; 1st - 12 points, 2nd - 9 points, 3rd - 6 points and 4th place - 3 points
    - These points are used for House Championship only
- Cross Country Carnival
  - The top 10 runners in each age group will receive points.
  - 1st place will receive 10 points and every subsequent place will receive 1 point less
    - An Aged Champion is not awarded for Cross Country carnivals
    - These points do not contribute to overall Boy or Girl Sport Champion

## 8. Sport Leadership

The sports leadership program at Kareela Public School for the election of Sport House Captains and Vice-Captains is organised in the following manner;

- The Nomination process is to be held in November each year.
- Students who have negatively documented incidents in Sentral during the year will have their application reviewed for suitability by the school staff.
- Interested year 5 (for captain) and year 4 (for vice-captain) students will self-nominate and complete an application for sport leadership indicating evidence of their involvement in the school's sporting programs and school sporting representation. Reference to the school values and school's Code of Conduct for sport must also be included.
- School captains and vice-captains will be elected prior to Sports Captains. Students successful in gaining election for school captaincy will then become ineligible to stand for Sports Captains.
- Nominated students will submit a short paragraph supporting their election.
- Students in Years 1-6 will vote for House captains and vice captains with the no. 1 placed against the student of their choice.
- House captains and vice-captains **will not** be able to run for Student Parliament election.

- House captains and vice-captains will be expected to attend Student Parliament meetings intermittently as Members of Sport and Recreation.

## 9. Uniform

All students, regardless of their chosen activity, are required to wear their full sport uniform to school on Friday.

## 10. Evaluation and review

### 10.1 Evaluation of sport

At Kareela Public School the School Sport and Physical Activity program will be reviewed and evaluated every 2 years. An evaluation committee will be established to involve all stakeholders and measure outcomes against local indicators.

Kareela Public School will use the following evaluation measures:

- attendance numbers on sport days
- 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 DoE sport and physical activity policy
- teacher professional learning opportunities.

The committee will prepare a final report for the school leadership team to action.

### 10.2 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.

Kareela Public School will review sport policies, management and procedures every 2 years. 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 DoE 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 DoE intranet?
- Do members of 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 new teachers?

### 10.3 Review Date

The last review was conducted in March 2022

A full copy of the most up to date version of this document is available on the school website.