

Balgowlah North Public School Sports Guidelines

Purpose of our Sports Program

- To promote enjoyment and involvement in sport for life
- To encourage students to lead a healthy lifestyle through participating in physical activity
- To encourage students to participate in sport at a competitive level through PSSA
- To develop students' twelve fundamental movement skills as per the NSW PDHPE syllabus
- To promote sportsmanship, responsibility and teamwork

Rationale

At Balgowlah North Public School, sport is an integral part of the curriculum. Sport is provided on a class, grade, stage and whole school basis. School representative teams play in the summer and winter PSSA competitions.

All children from Years 3 - 6 are encouraged to and have the opportunity to trial for school representation in the PSSA competitions held on Friday afternoons.

Representing Balgowlah North Public School is a privilege made available through dedicated teachers working above their normal workloads. Individual students must at all times display exemplary behaviour and good sportsmanship when representing the school.

Students not selected for PSSA teams will be placed in the School Sports Program which operates at the same time as the PSSA Program.

Students may represent the school, the zone and the region in various sports.

School Sport Facilities

- Tennis court
- Cricket pitch & nets
- All-purpose court – for basketball & netball
- Oval - including football fields and long jump pit
- Futsal field
- Covered Outdoor Learning Area (COLA)
- Handball courts for each year group

In-School Sport, Tennis & Futsal Program

The in-school sport program is held at Balgowlah North on a Friday afternoon. It involves Year 3-6 students who do not participate in tennis/futsal and PSSA. During each term, groups rotate between sports skills, small-sided games and skills-based activities. These sports and activities are organised by our PE teachers and may be run by specialist coaches from various sporting bodies and our classroom teachers.

Tennis and Futsal tuition is offered in addition to school sport or PSSA. This program is held at the Wakehurst Tennis Centre on Friday afternoons.

PSSA Program

Our school is a member of the Manly District Primary Schools Sports Association (PSSA). Our Zone covers 12 schools from the Northern Beaches and is a member of the Sydney North Primary Schools Sports Association which is affiliated with the New South Wales Primary Schools Sports Association.

All students from 3-6 are invited to trial for a PSSA team at the beginning of Term 1 for summer PSSA (Terms 1 & 4) and the end of Term 1 for winter PSSA (Terms 2 & 3) competitions. Games are played on a Friday afternoon and students are transported to the relevant venue by bus.

At the beginning of each PSSA season coaches issue a code of conduct which is signed by participating students and their parents. This code of conduct details the expected behaviour of students representing our school in their chosen sport (see Appendix A).

Costs associated with PSSA involvement including bus fares are included in student Statements of Accounts. At 12:15 pm each Friday PSSA students leave their classroom for an early lunch prior to catching their bus to their dedicated venue.

The sports that may be offered in the PSSA interschool competition are:

Summer Sport - Terms 1 & 4:

Junior and Senior boys Cricket
Senior and Junior Eagle Tag (girls and boys)
Volleyball (girls and boys)
Newcombe Ball (girls and boys)
Junior and Senior mixed AFL

Winter Sport - Terms 2 & 3:

Year 3 'Netta' Netball
Junior and Senior Netball
Junior and Senior Boys Soccer
Junior and Senior Girls Soccer
Junior and Senior Boys Rugby League

Balgowlah North Public School's participation in these competitions is determined by school guidelines, student numbers and interest, coach availability and the ability to meet guidelines/criteria as set out by the PSSA

Selection Information & Procedures

- Junior division is for those students who turn 8, 9 or 10 years of age in the current calendar year.
- Senior division is for those students who turn 11 years and over in the current calendar year.

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- If a child is absent for one of the selection trials, due to other school commitments e.g. debating, choir etc. then where possible, another selection trial will be held to determine if he/she is worthy of being selected.
- If a child is absent due to illness or family circumstances and has missed all selection trials, another selection trial will only be held, if the team still requires additional members.
- Representatives have additional responsibilities including: attending training, wearing school sports uniform, adhering to school rules, understanding and adhering to the rules specific to the activity, meeting any associated costs and reading, signing and committing to the code of conduct.
- All students selected into a PSSA team and/or participating in a PSSA carnival must abide by the Code of Conduct. (Appendix A) Breaches of this code may lead to the removal of the student from the team or competition.

Selection of PSSA Teams

Trials will be held for each sport in which Balgowlah North PS participates. All students will be notified of PSSA trials at Monday lines or assembly or by PA announcements on the day of extra trials, if deemed necessary. Parents will be notified of upcoming opportunities for their child to trial for a PSSA team through the school newsletter and/or website.

Places available on the teams are limited by the type of sport being played and the number of teams allowed in the competition. Most teams will have two reserves.

The selection process is based on a number of trials, usually spread over a two week period, as set out by the coach.

Selection into a team is competitive and students will be selected on the basis of a number of attributes demonstrated at the selection trials.

The teacher may base his/her selection process on the following:

- ability/skill level
- sportsmanship
- team work
- behaviour

The ability to perform as a member of a team is paramount in this selection procedure.

Children do not have to participate in sport out of school to be eligible to try out for a team.

Skills and experience gained outside of school may be considered.

All selections made are final and at the discretion of the coach and school sport coordinator.

All children selected in a team will have equitable time on the field/court during games whenever possible.

Training sessions for PSSA teams are usually held during lunchtimes or before/after school. Times for each team practice will be determined by the teacher in charge of the team at the beginning of the season.

Students who do not adhere to the code of conduct may incur a suspension or an exclusion from their team. Students whose parents do not comply with the parent code of conduct may also incur suspension or exclusion from their team.

Zone Representative Teams

Positions in Zone representative teams are by selection trials and these trials are held at venues around the zone, outside of school hours and require private transport.

The School Sports Coordinator may nominate students to represent BNPS at zone and regional trials. Generally, students nominated for zone teams will be involved in playing at representative level outside the school or display a high level of ability in that particular sport.

Balgowlah North School Carnivals

Balgowlah North Public School runs carnivals in swimming, cross country and athletics for 8 to 13 year old students. From these carnivals, students are selected to represent the school at the Manly Zone carnival. School carnivals are organised by staff members and run with the help of parent volunteers.

Manly Zone PSSA carnivals (Athletics, Cross Country & Swimming)

At the conclusion of school carnivals the School Sports Coordinator will select a team to represent BNPS at Zone level. Students must meet zone qualifying times, heights or distances in some events in order to attend. Selection of relay teams is at the discretion of the team coach.

Other Sports Opportunities:

PSSA Gala Days, PSSA Knockout Competitions & Non-competitive skills sessions

The school may enter a team in the PSSA Gala Day and Knockout Competitions in three sports: - Rugby league, soccer and netball. Throughout the year other sporting associations can be employed to conduct skills sessions at school or venues outside of the school.

School Tennis Competition

The BNPS tennis competition is held every year at the beginning of term 4. Students in years 5 and 6 are invited to participate in the tournament which is based on the knockout system in both the singles and doubles competitions. Tennis games are played during lunch breaks and led by volunteer teachers who act as umpire. If necessary a tie break is played until a winner is determined. Ball boys/girls are chosen at the umpire's discretion. The winners of the boys' singles, girls' singles and mixed doubles competitions receive their trophies at an assembly at the end of the year.

House Points Competition

Balgowlah North Public School has a house point competition which is organised to promote team spirit and appreciation of the efforts of team members. The points are collected under the four house groups: Kangaroos (red), Koalas (yellow), Wallabies (green) and Wombats (blue).

The Houses compete against each other in swimming, cross country, athletics and the K-2 Sports Day. Students receive points for participation, team cheers and placing in the events.

Special Swimming Scheme (Year 2)

The school participates in the NSW Department of Education 'Special Swimming Scheme' which is offered to year 2 students. This usually takes place in term 1 and is run over a two week period at a local Aquatic Centre.

Class PE/Fitness lessons

Physical Education (PE) develops the knowledge; skills and understanding students need to lead healthy, active and fulfilling lives. Students learn skills to play individual and team sports as well as the value of sportsmanship and teamwork. All K-6 classes have a weekly PE lesson run by our sports teachers. These lessons involve teaching and practise of basic skills such as throwing, catching, hopping, skipping, running, balance, gymnastics, striking, teamwork and fundamental movement skills.

Sports Clinics

Throughout the year a number of local and state sporting bodies or NSW Sports Development officers may visit the school. Their clinics provide the students in years 3 to 6 with a skills based session aimed at encouraging the students to become involved in their sport.

Sportsperson of the Year

During the year students are allocated points for participation and achievement in school sport carnivals, PSSA competitions and representation at PSSA zone, regional and state levels. At the end of Term 4, these points are collated to identify the junior and senior sportspersons of the year. Points are allocated as per Appendix C. A committee comprising the principal, school sports coordinator and another elected staff member will oversee this process.

K-2 Sports Fun Day

Each year, a K-2 sports day is held to provide fun, experience and competition for children in the early years.

CODE OF CONDUCT

PLAYER

- Play by the rules.
- Never argue with an official.
- Control your temper. Make no criticism either by word or gesture.
- Work equally hard for yourself and your team. Your team's performance will benefit and so will you.
- Attend training and notify my coach if there is any reason I cannot attend training or games.
- Be a good sport. Applaud all good plays whether they are made by your team or the opposition.
- Treat all participants in your sport as you like to be treated. Cooperate with your coach, team-mates and opponents. Without them there would be no competition.
- Participate for your own enjoyment and benefit, not just to please parents and coaches.
- I agree to be safe, respectful and responsible at training, on transport to and from sport and whilst playing and watching games. I understand that if I don't abide by this code of conduct, my participation in a PSSA team may be affected.

PARENT/SPECTATOR

- Remember that children participate in 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 always to play according to the rule and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for making a mistake or losing a competition.
- Remember that children learn best by example. Appreciate good performances and skillful plays by all participants.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect officials' decisions and teach children to do likewise.
- Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.
- There is to be no coaching from the sidelines.

Appendix B: Points Allocation for School Sports Person of the Year

Each year on speech day, we award a trophy to the junior and senior Sports Person of the Year. A points system calculates a score for each student which takes into consideration school, zone, regional and state success. This system is based on participation in sports endorsed by the PSSA. Non-PSSA sports will not be considered.

School:

At school level students get 3 points for winning any race at a school carnival.

Swimming Carnival	3 points for 1 st place only
Cross Country	3 points for 1 st place only
Athletics Carnival	3 points for 1 st place only

If a student makes a school PSSA team they receive 2 points for an A side and 1 point for a B side.

Zone:

Each student who represents Balgowlah North at Zone level receives 3 points. If they get a placing at Zone level they receive extra points depending on the place. e.g. 1st = 3 points; 2nd = 2 points; 3rd = 1 point. If a student gets selected and represents Manly Zone in a team sport (e.g. rugby, soccer, netball etc.) they receive 3 points.

Event	1st	2nd	3rd
Zone Swimming	3 points	2 points	1 point
Zone Cross Country	3 points	2 points	1 point
Zone Athletics	3 points	2 points	1 point

Regional:

Each student who represents Balgowlah North at Regional level receives 4 points. If they get a placing at Regional level they receive extra points depending on the place. e.g. 1st = 3 points; 2nd = 2 points; 3rd = 1 point. If a student gets selected and represents North Sydney in a team sport (e.g. rugby, soccer, netball etc.) they receive 3 points.

Event	1st	2nd	3rd
Regional Swimming	3 points	2 points	1 point
Regional Cross Country	3 points	2 points	1 point
Regional Athletics	3 points	2 points	1 point

State:

Each student who represents Balgowlah North at State level receives 5 points. If they get a placing at State level they receive extra points depending on the place. e.g. 1st = 3 points; 2nd = 2 points; 3rd = 1 point. If a student gets selected and represents State in a team sport (e.g. rugby, soccer, netball etc.) they receive 3 points.

Event	1st	2nd	3rd
State Swimming	3 points	2 points	1 point
State Cross Country	3 points	2 points	1 point
State Athletics	3 points	2 points	1 point