School Sport Unit

Term 3 update



The School Sport Unit offers a wide range of opportunities in sport and physical activity for students, teachers and schools. The return to interschool sport, after a disrupted 2 years, provides a perfect opportunity to remind all students, parents, carers, teachers and officials that:

- engagement in sport and physical activity links to Values education
- affording dignity and respect through inclusion, allows our students to contribute positively to their school, their community, to society in general, and to feel a sense of belonging.

The NSW Department of Education celebrates equity, diversity and individuality for all students and proudly offers a range of participation programs and opportunities to enhance student welfare and wellbeing through sport and physical activity.

The holistic benefits of engaging in sport participation programs are globally recognised. Research shows that participation in sport, positively impacts the overall wellbeing and sense of belonging in children and young adults.

I wish to acknowledge and thank school sport organisers for the multitude of tasks you perform weekly to ensure your school and students participate in sport and physical activity and access the various programs available both internal and external to the Department.

Peter Banks
Leader, School Sport Unit

SSU Award Ceremony





Do you know a teacher, principal or school that consistently supports and delivers programs that allow students to achieve their best through sport and physical activity?

Nominations are now open for the School Sport Unit (SSU) Awards. The ceremony will be held virtually on Thursday 8 December 2022.

Follow the link below to learn more about the SSU Awards Ceremony and to nominate a colleague or school.

Learn more

Nominate here

Representative School Sport - Live streaming

The NSW Department of Education is committed to providing equity of access to opportunities for all school community members across the state. To explicitly connect school communities to their students competing in the Representative School Sport Pathway, the School Sport Unit will identify a range of State Championship events to be livestreamed across each year. The events scheduled for livestreaming will be promoted across the School Sport Unit website, as well as the School Sport Unit and Association Facebook pages.

Learn more

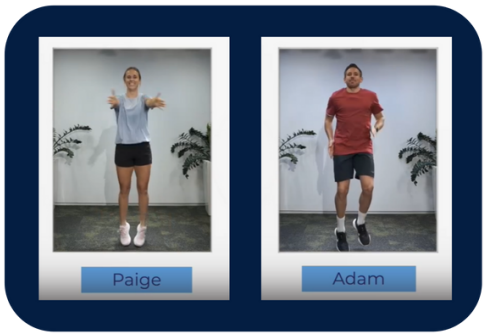


Sport and physical activity resources

Have you seen the new sport and physical activity resources on the School Sport Unit website? These resources have been created to support schools in planning and implementing quality sport and physical activity lessons to meet the requirements of the Sport and Physical Activity Policy.

Other structured physical activity

Are you looking for quality physical activity lessons to help your students be active even when it is wet outside?



The Teacher resource hub has a range of ready to use classroom energisers. New resources to the page include:

- 10@10 episodes
- Physical activity across the school day teaching resource
- Classroom energiser task cards
- Thinking while Moving in English and mathematics task cards.

View resources

Sport education teaching resource

The School Sport Unit has created a range of units of learning to support schools in planning and programming for weekly school sport.
The sport education teaching resource contains a range of units of learning for sports reported as popular among primary-aged students, and for sports that are included in the Representative School Sport Pathway.

The key features of the resource:

- Each unit is 5 weeks in duration.
- Students compete in teams during the 5 weeks to promote sportsmanship and team affiliation.
- Teams accumulate points each week by participating in designated minor games.
- Each unit culminates in a gala day where students compete in semi-finals and a grand final.
- Included in the resource are explanations of the activities with instructions and student certificates.
- The resource is available to print in PDF.

Learn more



Representative School Sport

Term 3 will see a significant number of sporting events conducted as part of the Representative School Sport Pathway. Early Term 3 saw the NSWPSSA and NSW All Schools Cross Country Championship successfully hosted in Sydney. This event is cross sectoral, involving students and teachers from government, Catholic and Independent schools. Over 2,000 primary and secondary students competed, and approximately 120 teachers assisted in the organisation of the event.







There will also be a significant number of primary and secondary state championships and trials across the state throughout the remainder of the term. The largest of these will be the NSWCHSSA Secondary Athletics Championship in Week 8 at Sydney Athletic Centre. School sports Associations around the state will be conducting their Athletics championships in the lead-up to this event.

Term 3 will see the exciting reintroduction of School Sport Australia Championships after a 2-year hiatus. The first of these is the Secondary Australian Football and Primary Rugby League Championships hosted by NSW in Lavington and Wollongong.

Learn more

Premier's Sporting Challenge

Race around Australia

The physical activity challenge Race Around Australia (RAA) has now started. In its 3rd year, Race Around Australia has over 8,000 primary and secondary students registered. These students will challenge themselves to 'be more active, more often' to see how far they can travel around the coast of Australia virtually.

Learn more

NSW Premier's Sporting Challenge - Teaching resource

The Premier's Sporting Challenge team is excited to release the NSW Premier's Sporting Challenge - Teaching resource.

The teaching resource has been created to support schools participating in RAA and/or the 10-week Challenge to practically embed physical activity into their teaching and learning program.



The teaching resource includes:

- Classroom energisers
- Thinking while Moving lesson plans
- 10@10 episodes
- Fast Starts
- Small sided games
- Physically active homework

View resource

NSW Premier's Sporting Challenge - Activ8 your workplace

This term, 189 Department of Education teams from schools and corporate offices will be taking part in the Activ8 your Workplace Challenge.

Activ8 your Workplace, provides an opportunity for all DoE staff to become more active and focus on their wellbeing over an 8-week period, beginning on Monday 25 July.

We wish the teams the best of luck in the Challenge.

Learn more

School swimming and water safety

The 2022/2023 season of School Swimming and Water Safety programs started at the beginning of Term 3. After the disruptions of previous seasons, it is great for us to be able to offer this program to schools around the state who can attend 5 or 10 day programs to learn vital swimming and water safety skills. As many as 1,400 primary schools participate each season bringing over 100,000 students to local pools and aquatic settings for the lessons.

A new initiative this year is the extension of funding to high schools to support Stage 4 water safety programs, increasing the opportunity for students to be safe in and around water.

The suite of classroom resources supports the practical lessons with a variety of water safety lessons and accompanying materials that teachers can use in the classroom setting. These can be delivered as standalone units of learning or in conjunction with attendance at a School Swimming and Water Safety program.

Opportunities exist for teachers to gain qualifications in performing basic water rescues via the Royal Life Saving Society Australia (RLSSA) course – details available on our website. Teachers can aslo gain qualifications in teaching swimming and water safety via one of the courses from RLSSA, AUSTSWIM or ASCTA that will provide the knowledge and skills to deliver high quality learn to swim and water safety lessons in their local setting.

The School Swimming and Water Safety team is always keen to her from teachers interested in delivering our programs on a regular basis. Consult the “Work with us” page on our website for more information. A range of information about the programs and links to our classroom resources and other essential materials can be found on the School Sport Unit website under Swimming and Water Safety.

Programs | Classroom resources | Accreditation





Disability and inclusion update

The Boccia state finals are fast approaching, with 16 teams from across NSW competing for the title of State Champions at Netball Central, Sydney Olympic Park, on Wednesday 10 August 2022.

The Ten Pin Bowling competition will begin later this term, with over 250 teams competing for the inaugural State Title. We wish all students the best of luck and look forward to seeing them representing their schools.

Multi-sport days for students with disabilty are up and running again this term. Events are being held in the North West, Western and Sydney regions of the state. To register your school visit our Participation Opportunities page.

If you need assistance with classifying students for multi-class events in Athletics, please visit our Disability and Inclusion webpage or contact us.

Multi - sport days **Ten pin bowling** **Classification**



Policy and guidelines

External sporting bodies interschool sports events.

There are a number of sporting bodies that hold weekend (or sometimes weekday) events and call them 'interschool' sports events for which entrants are asked to provide signed consent forms through the principal of their school. Common examples include Winter Sports and Horse Sports. School Executive should note that unless the school is meeting its duty of care by conducting a thorough risk assessment and providing supervision for the event, permission or sign-off forms must contain the statement "this is not a NSW Department of Education endorsed event. The school is not providing any supervision and children are there in the care of their parents/carers." In some instances, schools may be sending a team, and risk assessments, including allocation of supervision, are documented through a formal risk management process in consultation with Health and Safety.

Exemption from school to attend training for elite athletes.

This exemptions' policy is only for late arrival or early departure for a short period of time in the lead-up to National or International events or trials. It is not to be used for longer than 8 weeks and must be completed in consultation with the local Director. This policy does not provide for students to miss timetabled sport every week so that they can attend their own training sessions.

School Sport Unit - Recognising and responding to concussion

The School Sport Unit professional learning team has developed in-partnership, compliance-based courses to support teachers in developing skills and confidence to recognise and respond to concussion. The Recognising and responding to concussion professional learning course has been created in collaboration with experts in the concussion field. The 2 interactive modules include videos to enhance participants' understanding of recognising and responding to concussion and includes questions to promote reflection, discussion and consolidation of new-found knowledge.

Enrolment details and further information can be accessed on MyPL.

We acknowledge the homelands of all Aboriginal people and pay our respects to Country.

Compliance courses for aquatic based activities

The School Sport Unit professional learning team has developed in-partnership, compliance-based courses to support risk management when implementing aquatics-based activities. Royal Life Saving Society Perform Basic Water Rescue accreditation will give participants the minimum requirement needed to comply with the DoE Sport Safety Guidelines, swimming and water safety. Upon completion, teachers will be qualified to supervise students during school-based aquatic recreational activities, such as fishing, canoeing, pool and water play, and in addition, during excursions and/or school camps plus weekly sport activities involving water.

For teachers wishing to become accredited learn-to-swim instructors, and to support schools and communities to re-engage with aquatics, the School Sport Unit will reimburse schools up to $300 for the cost of the workshop and provide relief costs for teachers attending a swim teacher course on a school day. Please contact us at tplschoolsport@det.nsw.edu.au to organise relief payment and reimbursement.

The Swim Teacher License is a requirement for teachers instructing in school-initiated learn-to-swim programs to comply with the DoE Sport Safety Guidelines, swimming and water safety. The 3 swim teacher workshops provided by RLSSA, AUSTSWIM and ASCTA include the perform basic water rescue accreditation also.

- Royal Life Saving Society Australia (RLSSA) swim teacher accreditation (face to face)
- AUSTSWIM teacher of swimming and water safety accreditation (face to face)
- ASCTA Swim Australia teacher accreditation (face to face)

Stay up-to-date:

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