School Sport Unit

Term 4 eNewsletter



Leader's message

With Term 4 well underway, I'm sure everyone is busy with reports, end of year activities and planning for 2023.

My thanks to all school sport organisers for continuing to successfully navigate this challenging year, and ensuring students are offered a wide range of sport and physical activity opportunities.

To everyone who volunteered as conveners, coaches or managers either at a local, Association or state level, I applaud you and offer heartfelt thanks. The willingness of dedicated staff to take on these extra responsibilities provides the infrastructure that is essential for the delivery of our representative pathway programs.

I encourage you to take a moment to read the updates and announcements covering all School Sport Unit programs.

Peter Banks
Leader, School Sport Unit



Representative School Sport Pathway

The Term 4 representative school sport calendar is still filled with a range of sporting events and Association activities as we close out a highly successful year in representative sport. Early Term 4 saw the NSW Primary Schools Sports Association successfully host the Primary State Athletics Championship at Sydney Athletic Centre. The primary state Athletics convener, Mr Peter Cardy commented, “It is fantastic to see this event going ahead this year after the 2 years of disruption to school sport. Nothing beats bringing teachers and families from across the state together to celebrate student sporting success in one of the biggest events on the NSW representative school sport calendar. We have seen over 2,300 students, 5,000 spectators and in excess of 100 teachers from the three educational sectors come together to make this happen”. There was also positive media coverage across the event, with a story by ABC radio, along with Channel 9 and Channel Ten’s Studio 10 program sending crews to highlight the action. The event was also live streamed through the School Sport Unit YouTube Channel, which has already attracted over 74,000 views.

School Sport Australia Combined Touch Football Championship

The NSWPSSA and NSWCHSSA will host the School Sport Australia Combined Touch Football Championships from 30 October. Primary and secondary boys' and girls' teams from 6 Australian states and territories will converge on Wagga Wagga for this exciting event, which will also serve as a positive economic boost for the local community.

School Sports Associations' Annual General Meetings

School Sports Associations' Annual General Meetings (AGMs) will take place throughout Term 4. These meetings will see the appointment of Association Office Bearer positions for 2023, which include executive, convener, coach and manager roles. Some Associations may still have vacancies for these roles post AGM, leaving an opportunity for staff to make second round applications.

Staff interested in undertaking one of these roles, should contact the Executive Officer of your school's affiliated School Sports Association. For details of the Executive Officer contacts for each Association, refer to Representative school sport.

Policy and guidelines

The Sport Safety Guidelines are in place to support the development of Risk Assessments for sports and activities commonly offered in schools.

If your school is considering offering activities that are not referenced in the sport specific information (or on the banned list), the school will need to use the Principal Endorsed Activity procedures to develop their risk assessment.



Specific sport and physical activity guidelines for unstructured aquatic activities

Are you planning an end of year activity for your students involving aquatic activities?

The swimming and water safety guidelines provide key information and risk assessments to assist school communities in the planning of safe swimming experiences for students at a variety of locations.

Recognising and responding to concussion

Is concussion included in your school's First Aid Plan?
Home and school are the most common places for a concussion to occur.

The Recognising and responding to concussion e-learning course supports teachers, support staff and school leaders to recognise concussion and respond to a suspected concussion, in line with department procedures.

Compliance courses for aquatic-based activities

The School Sport Unit has developed in collaboration with Royal Life Saving Australia, compliance-based courses to support risk management when implementing aquatics-based activities. Royal Life Saving Society Perform Basic Water Rescue accreditation gives participants the minimum requirement needed to comply with the DoE Sport Safety Guidelines for 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 as well as,during excursions and/or school camps and weekly sport activities involving water.

The School Sport Unit will support schools with teachers wishing to become accredited learn-to-swim instructors and help schools and communities re-engage with aquatics. Schools can be reimbursed up to $300 for the cost of the workshop and provide relief costs for teachers attending a swim teacher course on a school day. To organise relief payment and reimbursement, please complete the Swim teacher accreditation form .

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

For further details, refer to Specific sport support.



Swimming and water safety

With summer approaching, many schools attend one of our swimming and water safety programs in Term 4.

Teams all over the state are delivering lessons to hundreds of schools as students participate in either the 5-day Water Safety Program or the 10-day Swimming and Water Safety Program.

It's an important time of the year to raise safety awareness for students as Summer approaches and more time is spent in and around aquatic settings.



Classroom resources - Let's be water safe

Schools are encouraged to access the classroom resources that support practical lessons with a variety of water safety lessons. Support materials can be used in the classroom, delivered as standalone units of learning or in conjunction with attendance at a School Swimming and Water Safety program.

Work with us

School Swimming and Water Safety are always keen to hear from teachers interested in being part of the team to deliver our programs on a regular basis. For more information, refer to Work with us. To access classroom resources, essential materials and program information look under Swimming and Water Safety on the School Sport Unit website.

Teacher resource hub



New teaching and learning resources, online professional learning courses and classroom energiser videos have been added to the Teacher resource hub for Term 4.

The Teacher resource hub supports schools to use all opportunities for students to be physically active, provide students with a minimum of 150 minutes of physical activity across the school week and to develop the knowledge, skills, and confidence of students to be physically active for a lifetime.

Teacher resources hub

Term 4 workshops

Thinking while Moving and Game-based learning in sport and physical activity workshops are being offered by the Teacher resource hub team.
To enrol in a workshop near you, visit the Teacher resource hub.

Thinking while Moving feedback: A great course - best I have attended in years - very well presented and it was so informative - great for reflection and moving
forward.

Learn more






Burn 2 Learn

The School Sport Unit is excited to release the Burn 2 Learn program - a school-based physical activity program for senior school students that utilises the science of High Intensity Interval Training (HIIT) to improve students' health, fitness, wellbeing and academic performance.

Feedback: 'Student's continuing participation in exercise cannot be underestimated-and this program allows exercise to become a priority without interfering with other key learning areas.'

Premier's Sporting Challenge concludes its 15th year with continued success

Congratulations to all schools who completed the PSC 10 week Challenge (10wC) and/or Race Around Australia (RAA). The PSC would like to extend a sincere thank you to all PSC facilitators, RAA Coordinators and teachers for their support in running our programs and promoting the PSC ethos of more students, more active, more often.

This year 1,401 schools participated including 418,542 primary and secondary students and 11,352 staff. The results submitted in the Tracker and RAA website are fantastic. A large number of schools will be receiving Gold and Diamond awards for the 10wC and a combined total of over 2.2 million kms have been covered in the RAA challenge in Term 3.

Certificates will be dispatched to schools that have opted in to receive them mid-Term 4. Schools are reminded to submit their 10wC awards in the PSC Tracker.

For assistance, please see the 'Submitting final awards for the 10wC' or contact the PSC team.

Learn more

Disability and inclusion



The School Sport Unit's Disability and inclusion team will be hosting Multi-sport days in a range of locations in Term 4. Dates and venues can be

Register here

Term 4 Multi-Sport events (Term 4 registrations open - 9 October 2023)

Area	Location	Date
Newcastle	Newcastle Basketball Stadium, Broadmeadow	17 October
Newcastle	Newcastle Basketball Stadium, Broadmeadow	18 October
Port Macquarie	Port Macquarie Indoor Sports Stadium	19 October
Maitland	Maitland Federation Centre	20 October
Northern Beaches	Northern Beaches Indoor Sports Centre, Warriewood	21 November
Minto	Minto Indoor Sports Centre	29 November
Blacktown	Blacktown Leisure Centre, Stanhope Gardens	30 November
Grafton	Grafton Sports Centre	5 December
Ballina	Ballina Indoor Sports Centre	6 December
Coffs Harbour	Sportz Central, Coffs Habour	7 December
Taree	Saxby's Stadium	8 December




