School Sport Unit

Term 1 newsletter

Leader's message

Welcome back to the new school year. The School Sport Unit (SSU), a part of the Student Support and Specialist Programs Directorate within School Performance North, is committed to providing ongoing support for all public schools, teachers and students across the state.

As a workforce that supports more than 800,000 students in over 2,200 schools, SSU can play a positive role in the general health of the community. This work is vital as students connect with friends in schools and with the broader community through physical activity.

Links between physical activity and wellbeing are also well documented, supported by research and immensely important for the health of young people.

Within the newsletter you will find support materials that I hope will benefit your staff and students, including an **overview video** detailing the functions of the Unit for presentation at a staff meeting.

I commend you and your staff for your commitment, and for continuously supporting your students in meeting their mandatory physical activity requirements.



Peter Banks
Leader, School Sport Unit



We are proud to share our 2022 Annual Report

We are pleased to share with you the **School Sport Unit 2022 Annual Report.** Last year we had our first year of full operations since 2020. The report highlights our achievements, including program-specific successes. Please read the report to learn more.

2022 SSU Award Ceremony Recap

On 8 December 2022, the SSU held a virual Award Ceremony to acknowledge the accomplishments in school sports. We wish to commend the 34 award recipiens, as well as all nominated colleagues, for their outstanding contribution to student sport and physical activity. Visit the **SSU Award Ceremony** website to watch a recording of the ceremony and view a list of recipients. We look forward to recognising more colleagues in this way in 2023.

Representative School Sport Pathway

NSW Australian Football Primary All Schools Girls' 12 Years and Under Selection Pathway

The SSU is again conducting a series of trials to select area teams for the NSW Australian Football Primary All Schools Girls' 12 Years and Under Selection Pathway. More information is provided on the **event flyer (PDF 197 KB)** or contact the School Sport Unit at **schoolsportunit@det.nsw.edu.au** for further questions.

NSW Primary All Schools Boys' Netball 12 Years & Under Selection Trial

The SSU is supporting the attendance of a Primary Boys' Netball team at the inaugural School Sport Australia Boys' 12 years and Under Netball Championships in Perth, Western Australia. A trial will be held on Friday 16 June at Billbergia Sports Centre. This trial is for primary school boys 12 years and under. More information is provided in the **event flyer (PDF 197 KB)** or contact the School Sport Unit at **schoolsportunit@det.nsw.edu.au** for further questions.

State championships to be livestreamed in 2023

The SSU has identified a range of state championship events to be livestreamed this year. Livestreaming the championships will help connect school communities with students participating in the Representative School Sport Pathway.

The events scheduled for livestreaming will be promoted across the **SSU website**.

Important information regarding external proivders

Schools and teachers must always exercise a duty of care for activities that their students undertake. Even if an external provider is facilitating the activity, schools cannot relinquish their supervisory responsibilities.

Schools should refer to **'Requirements for all sport and physical activity (updated September 2020)'** and the **'NSW Government publication guidelines for using contracted external providers to physical education and school sport'**. Both policy guidelines are available on the **School Sport Unit website**.

Let's be water safe

Are you teaching students about water safety? The 'Let's be water safe' website contains units of learning, animations and teaching resources aimed at students in Early Stage 1 to Stage 3. This resource supports teachers in delivering quality teaching and learning and develops students' knowledge about water safety. Key water safety messages include:

- How to stay safe in and around water
- Personal safety
- Aquatic settings
- Personal survival
- Rescue Safely

Register your school for a swimming and water safety program

You can now register for the Term 3 2023 swimming and water safety program on the **SSU website**. New registrations close on Thursday 9 March. For more information visit the **SSU Swimming and water safety program website**.

Sport Organisers Conference 2023

Sport organisers are invited to attend the **Sport Organiser Conference** on Thursday 28 March at Accor Stadium in Sydney Olympic Park. The theme is 'Connect, succeed and thrive through school sport' and includes a keynote address by Professor David Lubans from The University of Newcastle. Other topics include:

- Policy updates and support materials
- Resources and research to support the delivery of quality weekly school sport
- The classification process and participation opportunities for students with disability

Find out more in the **Sport Organiser Conference (PDF 3.2 MB)** flyer.



Sport and physical activity health check

The Sport and Physical Activity School Health Check (the health check) is an evidence-based self-assessment tool, designed to support schools in the planning and delivery of quality sport and physical activity through a whole-school approach.

The health check is informed by the School Excellence Framework and identifies quality practice in sport and physical activity, to help schools plan and monitor strategies for ongoing improvement. Find out more by visiting the SSU **health check** website.



Primary mini conferences

Join us for 3 professional learning programs for the value of one. The School Sport Unit's Primary mini conferences help participants enhance their skills and knowledge in planning, and implementing, high-quality sport and physical activity lessons.

The SSU will reimburse relief costs for one teacher per Department school. Visit the **Professional Learning Calendar** on the SSU website to enrol in a workshop near you



Premier's Sporting Challenge (PSC)

Registrations for the 2023 PSC 10 week Challenge (10wC) open Term 1 Week 7. Please see the **PSC registration page** for more details.

How to update your school's 10wC Facilitator details

Current principal or PSC facilitators (10wC Facilitators) can update facilitator details in the **PSC Tracker** once it opens. Until then, changes can be made via the **2023 PSC Facilitator form** or email the PSC team **psc@det.nsw.edu.au**.

Opportunities for students with disability

The SSU offers a variety of fun, competitive and non-competitive opportunities for students with disability. Entries are now open for:

- Come-and-Try Athletics
- Tenpin Bowling (entries close Friday 10 March)

Multi-Sport days will also be offered in Terms 2, 3 and 4. Registrations for these events will open later this year.

To learn more about these events and to register, visit the **SSU's disability and inclusion** page on the School Sport Unit website.

New Resistance Training for Teens program: professional learning opportunity

Are you a Stage 5 secondary school teacher and interested in resistance training? The University of Newcastle has an opportunity for you.

The university is recruiting teachers to deliver the new and improved Resistance Training for Teens (RT4T) program. The RT4T program provides teachers with the knowledge, confidence, and competence to deliver resistance training in schools.

The program aligns with the PHDPE curriculum and is ready to be implemented in schools. All teachers will complete an online safety module and take part in a full-day workshop.

Teachers also receive a resource pack that includes: 8 theory lessons, an 8-week exercise program, access to the RT4T's app, and exercise cards. Teachers will be asked to complete a 20-minute survey at the conclusion of the workshop. A second survey will follow in 6-18 months. A selection of teachers will be invited for an online interview.

For more information about the program, watch the Resistance Training for Teens **promotional video** online.

Register on the **Resistance Training for Teens website** or by emailing **RTforTeens@newcastle.edu.au**.

New professional learning workshop about active travel K-6

Physical activity plays a big part in a student's learning, health and wellbeing. Getting to where you need to go for the activity can however be challenging. Many schools are congested with cars picking up and dropping off students and safety can be an issue.

To support schools in managing safe active travel to and from school, you can now register for our new professional learning workshop – **Road Safety Education: Safe active travel K-12**.

Olympics Unleashed - Bring an Olympian to your school

Kick off 2023 with an Olympian visit to your classroom. Olympics Unleashed is bringing Olympians to Year 9 classes across NSW and your school can be next.

Free for schools, your students will learn directly from athletes how to set goals, overcome challenges and follow their passion to reach their own personal best. Find out more and register at the **Olympics Unleashed** website.

Social Media Channels

Facebook

Vimeo

YouTube

Yammer

SSU Website

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

