School Sport Unit

Term 2 newsletter

Dear colleagues

We've had a great start to Term 2, and the momentum is set to continue. Planning is well underway to offer a range of initiatives to further support and inspire you throughout the term.

Last term, the School Sport Unit (SSU) proudly organised and hosted the NSW Primary School Sports Association (NSWPSSA) Swimming and Diving Championships, the first major state championship of the year. The Championships were live streamed as 1,500 students competed across 62 able-bodied and multi-class events. Olympic medallist Elka Whalan joined the live commentary team for expert insights, and 120 staff assisted with the running and organising of the event.

Each day 3,000 spectators cheered on the best primary school swimmers from public, independent and Catholic schools, and 4 records were broken across the Multi-class and able-bodied classes.

Looking ahead, the SSU is excited to announce that in Week 6 of this term, the NSWPSSA will be hosting 'Magic Round' in Tamworth. This event will bring together 4 state championships – Boys' and Girls' Hockey as well as Boys' and Girls' Basketball – held simultaneously from 30 May to 2 June. The atmosphere created by having so many students competing in one place at one time will be amazing and will bring significant business activity into the regional town.

The SSU is committed to providing the best possible sporting experiences for our students and I'd like to take this opportunity to acknowledge the work of all our teachers who volunteer their time to assist and run our programs. Without your dedication and enthusiasm, we wouldn't be able to provide so many learning opportunities for our students. It's been inspiring to witness everyone's commitment to sport and wellbeing.

To stay updated with what's happening at the School Sport Unit, we encourage you to follow our **Facebook** page and **website**.

Regards

Peter Banks
Leader, School Sport Unit

SSU Awards Ceremony

The SSU is looking forward to hosting this year's School Sport Unit Awards on Thursday 7 December 2023. This ceremony aims to recognise colleagues around the state who consistently support our students to achieve their best through sport and physical activity. Nominations will be open from Monday 17 July 2023, Term 3 Week 1.

Visit the **School Sport Unit Website** for more information

SSU programming for weekly school sport

We'd like to share with you our latest sport education resource, which has been designed to support schools in delivering a high-quality weekly school sport program. The resource now has 20 sports including athletics, gymnastics and ultimate frisbee.

Each sport-specific unit has been structured to run for 5 weeks, with lessons designed to build upon previous learning and to prepare students for a culminating gala day. This provides a wonderful opportunity for students to showcase their skills in a fun and supportive environment and to celebrate their achievements with their peers.

Visit the **Teacher Resource Hub** to access this resource.

SSU Teacher professional learning in Term 2

The **School Sport Unit's mini-conferences** for primary teachers provide a professional learning opportunity to improve the quality of sport lessons and achieve the 150 minutes required by the **Sport and Physical Activity Policy.**

These one-day workshops include sessions on delivering quality weekly school sport through a game-based learning approach, integrating physical activity throughout the school day and teaching sport to K-2 students.

The SSU will reimburse relief costs for one teacher per school (department schools only). To register for the mini-conferences, log into the Education staff intranet and visit MyPL.



Teachers participating in professional learning at the 2023 Sport Organiser Conference.

Live streaming competitive events

The live streaming of championships so far this year has been a resounding success. The **NSW Combined High Schools Sports Association** and **NSW Primary Schools Sports Association** Swimming and Diving Championships' streams received an outstanding total of over 36,000 views, demonstrating strong interest and engagement by our school sport community.

We are pleased to announce that in Term 2, we will be live streaming 14 events. You can access the schedule of these events by visiting the **School Sport Unit website**. This provides an excellent opportunity for students, teachers, and families to experience the thrill of the competition from anywhere in the world and cheer on their peers and their children as they represent their schools and associations.

Premier's Sporting Challenge

Don't miss out on registering for this year's **NSW Premier's Sporting Challenge**. More than 1,000 primary and secondary schools have already signed up for this year's 10 week Challenge. Registrations close on Monday 29 May (Week 6).

A range of resources are available to run the 10 week Challenge, including printable and digital logbooks, wall charts and an activity tracker web app. You can access all these resources, and more, on the 10 week Challenge resources webpage under the '**Recording the challenge**' section.

To kick off the 10 week Challenge, we suggest starting with a school launch that features one of the engaging **videos** provided by the NSW School Sport Unit. You can find ideas on how to run a school launch for this year's Challenge on the **NSW School Sport Unit website**.

Opportunities for students with disability

The School Sport Unit's boccia competition is up and running, with more than 400 teams from across NSW competing for the title of state champions. To accommodate the growth of this sport, we have divided teams into primary and secondary divisions, providing even more opportunities for students with disability to compete.

Later this term we will be hosting multi-sport events across the South Coast, Central Coast, Sydney, and Riverina regions. For more information and to register, visit the **Disability and Inclusion Participation Opportunities** page on the SSU website.

Multi-class events provide students with disability the chance to compete in the representative sports of cross country, athletics and swimming. To compete, students must first obtain a sporting classification. To learn more and access application forms visit our **Classification** and **Multi-class** pages on the SSU website.



Students from Albury North Public School and Parkview Public School playing boccia.

School swimming and water safety

Schools that have not registered for the upcoming swimming sessions (Term 3 and 4, 2023 and Term 1 and 2, 2024) can still do so by completing the **online registration form**. Program details for the upcoming sessions will be finalised soon, and schools will receive information about their program allocations towards the end of Term 2.

Check out our **Let's be water safe!** classroom resources, which are currently available for Stages 1, 2 and 3. The learning sequences, animations and classroom worksheets provide comprehensive teaching resources for water safety education in the classroom.

Policy and guidelines

External sporting events or 'interschool sports'

Several external sporting bodies organise weekend (or sometimes weekday) events that they call 'interschool sports' events, requiring participants to obtain signed consent from their school principal. Examples include snow and horse sports.

However, principals must ensure that permission or sign-off is not given unless the school has fulfilled its duty of care by conducting a thorough risk assessment and providing adequate supervision for the event. If this is not the case, the following statement should be included in any permission note or sign-off request: "This is not a NSW Department of Education endorsed event. The school is not providing any supervision, and children are in the care of their parents/carers."

In some instances, schools may be sending a team, and risk assessments that include allocation of supervision must be documented through a formal risk management process in consultation with the department's Health and Safety Directorate.

Important information about external providers

Schools and teachers have a duty of care for activities undertaken by their students and cannot relinquish their supervisory responsibilities even if an external provider is involved. This includes if the external provider is using 'qualified teachers' to run activities, sometimes referred to as 'drop and go'.

Schools should refer to the **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**.

Exemption for elite athletes to attend training

The **Exemption from School Procedures (PDF 1,220 KB)** only allow for late arrival or early departure for elite athletes for a short period in the lead-up to national or international events or trials. It should not be used for more than 8 weeks and must be completed in consultation with the local director. This policy does not permit students to miss timetabled weekly sport to attend their training sessions.

Teaching resistance training in high school

Are you a secondary school teacher interested in teaching resistance training? The University of Newcastle is offering you an opportunity to learn how to deliver the Resistance Training for Teens (RT4T) program. The program aligns with the PHDPE curriculum and equips teachers with the knowledge and confidence to teach resistance training in schools. It includes an online safety module, a full-day workshop, and a resource pack with theory lessons, an 8-week exercise program, and access to the RT4T app.

Register now or contact the team at RTforTeens@newcastle.edu.au

RT RESISTANCE TRAINING for teens

Bring the excitement of the Olympics to your school by hosting an Olympian in your classroom

This is a great opportunity to enrich your lessons. We encourage you to consider contacting the Olympics Unleashed team, who offer free visits to Year 9 classes across NSW. During the visit, athletes cover topics including how to set goals, overcome challenges, and pursue their passions to achieve their personal best.

Visit www.olympicsunleashed.com.au to learn more and register.



Olympian canoeist Alyce Wood inspiring school kids as part of the Olympics Unleashed team.

Social Media Channels

Facebook

Vimeo

YouTube

Yammer

SSU Website

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

