School Sport Unit

Term 3 2023 Newsletter

Dear colleagues

As we witness school sport in full swing for another term, I am excited to share the diverse range of opportunities the School Sport Unit provides for our students, teachers and schools. These activities not only promote physical health but also serve as an excellent platform to instil values education in our students.

Research across the globe confirms that sport participation brings holistic benefits, significantly impacting students' overall wellbeing and sense of belonging. Every day, teachers across the state support students in achieving these benefits by providing opportunities for sport and physical activity. I want to express my gratitude and acknowledgment to all sport organisers who contribute to achieving these outcomes.

If you know a teacher, principal, or school that consistently supports and delivers exceptional programs for students through sport and physical activity and you would like to acknowledge them, you can nominate them for a School Sport Unit (SSU) award. Nominations are now open, there are a range of categories and nominations are open for any department staff members and schools.

To learn more about the SSU Awards Ceremony and nominate a deserving colleague or school, refer to the School Sport Unit website. Entries close at 5 pm on Friday 22 September 2023 (Term 3 Week 10).

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

Peter Banks
Leader, School Sport Unit

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Policy and guidelines

Recognising and responding to concussion

Did you know that most concussions in schools don't occur on the sporting field but in the playground?

Do you want to know more about how to manage concussion in your school, including how to support students in returning to learning and in returning to play?

In partnership with experts in the concussion field, the School Sport Unit has developed, compliance-based courses to support teachers in developing skills and confidence in Recognising and responding to concussion.

The course includes 2 interactive modules featuring videos to enhance participants' understanding. Enrolment details and further information can be accessed through MyPL.

Compliance courses for aquatic-based activities

Are you organising a swimming program in Term 4? Are your staff members qualified?

The Royal Life Saving Society Australia (RLSSA) Perform basic water rescues accreditation provides teachers with the minimum requirement to meet the department's swimming and water safety guidelines.

Upon completion, participants will be able to run school-based aquatic recreational activities such as fishing, canoeing, pool and water play during weekly sport and/or excursions and school camps.

The School Sport Unit will reimburse schools up to $300 for the cost of the qualification and will provide relief costs for teachers who attend a swim teacher course on a school day. Please complete the relief payment and reimbursement form.

The Swim Teacher License is a requirement for teachers instructing in school initiated learn-to-swim programs to comply with the department's swimming and water safety guidelines. The 3 swim teacher workshops provided by RLSSA, AUSTSWIM and Swim Coaches and Teachers Australia include the Perform basic water rescues accreditation. For more information, refer to swimming and water safety.

External sporting bodies interschool sports events

There are several 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 following 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."

If the school is sending a team, they must complete the risk assessment process and provide supervision for the event.

Exemption from school to attend training for elite athletes

The Exemption from School Procedures only allows 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.

These procedures do not provide for students to miss timetabled sport every week so that they can attend their own training sessions.

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Representative School Sport

The NSW Primary Schools Sports Association and NSW All Schools Cross Country Championships was successfully hosted in Sydney on Friday 21 July. This event involved over 2,000 students and 120 teachers from government, Catholic and independent schools.

This year we followed the athletes in cross country using a drone camera. If you missed the action, you watch a replay on the NSW School Sport Unit YouTube channel.

For upcoming live streams, check out the schedule of all the livestreamed events for 2023.

Upcoming representative sport events

Term 3 will see a significant number of sporting events conducted as part of the Representative School Sport Pathway. There will be 35 sporting opportunities for students to participate in representative sport in Term 3.

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 NSW Combined High Schools Sports Association Secondary Athletics Championship in Week 8 at Sydney Athletic Centre. School sports Associations around the state will be conducting their Athletics championships in the leadup to this event.

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Disability and Inclusion

Trials for our first ever **Representative Boccia Tournament** are being held in Week 6, at 7 locations Coffs Harbour, Newcastle, Nowra, Wagga, Orange, Blacktown and Marrickville. This opportunity is open to all students with disability who are keen to play Boccia at a representative level. For more information, refer to disability and inclusion competitive sport.

We're pleased to offer **10 Multi-sport events** during Term 3, to be held in the North West, Western and Sydney regions of the state. For more information and to register your school visit, visit diversity and inclusion participation opportunities.

The School Sport Unit **Tenpin Bowling** competition for students with disability begins this term, with over 400 bowlers competing for a place in the state final. We wish all students the best of luck and look forward to seeing them represent their schools.

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Sport and Physical Activity resources

Students who are physically active tend to have better grades, increased school attendance, cognitive performance, behaviour, engagement and vitality. The Teacher resource hub contains a range of sport and physical activity resources to support teachers in delivering quality learning experiences for students.

Teaching and learning resources include:

- 10@10 episodes
- Thinking while Moving in English and mathematics task cards
- Sport education teaching resource
- Support for organising carnivals

Term 3 Professional learning workshops

Less than 25% of Australian children are meeting the physical activity guidelines for their age. The School Sport Unit - School sport and physical activity workshop supports teachers to successfully integrate physical activity across the school day to increase student physical activity levels while also increasing on-task behaviours, engagement and wellbeing.

Enrol in one of the workshops below on MyPL.

- Wednesday 16 August, PCYC in Wagga Wagga
- Wednesday 13 September, School Sport Unit in Turrella
- Monday 13 November, Department of Education Parramatta Office
- Wednesday 22 November, Sportz Central Coffs Harbour

Visit School Sport Unit professional learning workshops.

New online professional learning for supporting students with disability

The 2-hour self-paced e-learning course supports participants to deliver quality sport and physical activity lessons for all students, including those with disability.

Participants will learn to use research-based frameworks to modify and adapt sport and physical activity lessons and identify resources available to enhance the delivery of inclusive sport and physical activity.

For more information, refer to online professional learning.

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Premier's Sporting Challenge

The NSW Premier's Sporting Challenge team has created the teaching resource to support schools participating in 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.

For more information and resources, refer to the 10 week challenge resource.

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School Swimming and Water Safety

The School Swimming and Water Safety programs for the 2023/2024 season commenced at the beginning of Term 3. We offer 5 or 10-day programs aimed at improving students' swimming and water safety skills.

To complement practical lessons, we have developed a suite of classroom resources that include a series of water safety lessons and class materials. These resources can also be used as standalone learning units.

We are now supporting schools with funding to conduct their own Stage 4 water safety programs. This will provide more students with the opportunity to develop water safety competence. You can find comprehensive program details, links to classroom resources, and other essential materials on swimming and water safety.

Do you want to become a swim teacher?

Teachers can acquire qualifications in teaching swimming and water safety by enrolling in courses from RLSSA, AUSTSWIM, or SCTA. These courses equip teachers with the necessary knowledge and skills to deliver high-quality learn-to-swim and water safety lessons in their local environments.

The School Swimming and Water Safety team is actively seeking teachers interested in regularly delivering our programs. For more information on joining our team, please refer to work with us.

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Olympic sized search for Australia's next Olympic Change-Maker

The Australian Olympic Committee is on the lookout for Australia's next Olympic Change-Makers, with nominations now open to high schools across the nation.

The program recognises students from Years 10-12 who demonstrate the Olympic values both on and off the field of play, through leadership and driving positive change in their school and local communities.

All nominated students are given the opportunity to share ideas, connect with other like-minded people and be immersed in a unique Olympic experience, hearing first-hand from Olympians.

To find out more and nominate your students today, refer to Australian Olympic Change-Maker.



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