NSW Education



School Sport Unit newsletter

Term 3 2024

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Dear colleagues

As we embrace another term of school sport, I am thrilled to highlight the array of opportunities offered by the School Sport Unit (SSU) for our students, teachers and schools. These activities not only promote physical health but also serve as a valuable platform for values education in our students.

Research worldwide continues to affirm the holistic benefits of participating in sport and physical activity. Evidence shows that sport and physical activity significantly enhance students' overall wellbeing and sense of belonging. Each day, teachers across our state support students in reaping these benefits through sport and physical activity. I extend my sincere gratitude to all teachers who contribute to achieving these outcomes.

Nominations are now open for the School Sport Unit Awards. We received significantly more nominations in last year's awards compared to previous years, reflecting how our collective efforts are increasingly being recognised.

If you know of a teacher, principal or school that consistently supports and delivers exceptional programs for students through sport and physical activity, we encourage you to nominate them for a 2024 School Sport Unit Award.

Check out the previous winners and nominate a deserving colleague or school who deserves to be added to this 'hall of fame'.

For more details about the awards ceremony and how to nominate, please visit SSU Awards ceremony. Entries close at 5.00 pm on Friday 27 September 2024 (Term 3 Week 10).

Regards

Peter Banks
Leader, School Sport Unit

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SSU 2023 Annual Report

The 2023 School Sport Unit Annual Report is now available. This report offers a detailed look at our accomplishments last year, including key achievements and successes across our various programs. It also provides an overview of our work in 2024 and our ongoing commitment to excellence in school sport.

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Policy and guidelines

New Sport and physical activity procedure

The newly released Sport and physical activity procedure is now integrated into the Student health and wellbeing policy, highlighting the importance of physical activity for overall wellbeing. This update aligns with the department's commitment to supporting student health by making physical activity a central component of wellbeing strategies.

For schools, the purpose of the Sport and physical activity procedure remains consistent – providing essential direction and guidance. The procedure consolidates all relevant information in one place, offering clear instructions on planning and delivering the mandatory 150 minutes per week of moderate to vigorous sport and physical activity.

What's new

The mandatory requirements for all sport and physical activity have been built into the Supporting tools and resources. There is a wide range of support material available including:

- support and advice related to embedding the 150 minutes into every school week
- attendance exemption requests.

There is also now clear advice for schools on some commonly asked questions including:

- What do we do when air quality is poor?
- What do we do with cultural jewellery that cannot be removed?
- What do we need to do when running an end of year celebration day at a pool?

For any questions or to request support with the procedure, contact sportandphysicalactivity@det.nsw.edu.au.

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SSU teacher professional learning in Term 3

The SSU provides a variety of workshops designed to assist schools in delivering high-quality sport and physical activity programs for all students. These workshops are offered on demand, with a comprehensive list of topics available at Professional learning.

Email sportandphysicalactivity@det.nsw.edu.au to express interest in a workshop.

Additionally, customised workshops are available on request to address an individual school's unique needs.

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Representative School Sport

We successfully hosted several representative school sport events at the Sydney International Equestrian Centre last month. The NSW Primary Schools Sports Association, NSW Combined High Schools and NSW All Schools Cross Country Championships events involved more than 2,500 student participants, supported by 100 teachers.

Congratulations to all participants who competed this year and thanks to all the parents and students who travelled great distances to attend.

Live streaming of events

During Term 3, there will be 9 events live streamed by the SSU. For the events schedule, refer to School Sport Unit live streaming.

This year's events will be live streamed through the new School Sport Unit video gallery. You can also catch up on previous streams from 2022 and 2023 in this gallery.

Upcoming representative sport events

During Term 3, a significant number of sporting events will be conducted as part of the Representative School Sport Pathway. These include primary and secondary championships and trials across the state, along with an inaugural 6 team Primary All Schools Boys' Netball Championship held over 2 days in Penrith.

School sports Associations around the state will be conducting their primary and secondary athletics championships during this term. The largest of these events will be the NSW Combined High Schools Sports Association Secondary Athletics Championship, to be held during Week 8 at the Sydney Olympic Park Athletic Centre.

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Premier's Sporting Challenge (PSC)

An impressive 426,850 students from 1,380 schools are taking part in the 10 week Challenge (10wC) in Term 2 and/or Term 3. Additionally, 592 schools and 75 Education support teams, comprising 14,560 staff participants, are involved in the 10wC Staff Challenge. This year's staff challenge includes an option to take part in the 10wC Wellbeing Challenge, whereby staff can create and track 4 wellbeing goals as well as their physical activity over the 10 weeks of the challenge.

The PSC team has developed several teaching resources to help schools embed physical activity into their teaching and learning programs, and to assist in meeting the mandatory 150 minutes of moderate to vigorous physical activity over the school week for every student in Years K–10.

Important deadline – Schools participating in Term 2 of the 10wC have started to submit their final awards. Schools that are 'fully submitted' by Friday 9 August will receive their end-of-challenge certificates this term. Schools that miss this deadline will receive their printed certificates in Term 4, along with the Term 3 Challenge schools' certificates. For more information, refer to the 'Submit 10wC final awards and end-of-Challenge' at How to run the 10wC.

PSC Student Medals have been included in the PSC starter kit packs sent to 10wC registered schools. Schools that did not register for the 10wC will receive their medals in Week 5. These will be addressed to the principal or a nominated PSC facilitator. Please ensure that they are passed on to the appropriate colleague for safekeeping until they are needed for your school's presentation.

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Opportunities for students with disability

This term, 10 multi-sport events are set to be held across the state in the North West, Western, and Sydney regions plus a new event in Queanbeyan. For more details and to register, visit Participation opportunities.

The SSU's Tenpin Bowling competition, for students with disabilities, will be played across Weeks 4 and 5, with more than 500 teams competing for a spot in the state final.

The state's best Boccia teams will be playing off at the state finals this term, with 24 primary and 24 secondary schools travelling to Sydney to compete for the 2024 championship. We wish all teams the best of luck and safe travels.

Don't forget, your students with disability may be eligible for a sporting classification, enabling them to compete in multi-class in the sports of athletics, cross country and swimming. For more information and assistance, visit Classification.

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School Swimming and Water Safety Program

The School Swimming and Water Safety Program started at the beginning of Term 3 for the 2023/2024 season. 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.

For comprehensive program details, links to classroom resources and other essential materials, refer to School 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 Royal Life Saving Society Australia, AUSTSWIM or Swim Coaches and Teachers Australia. 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.

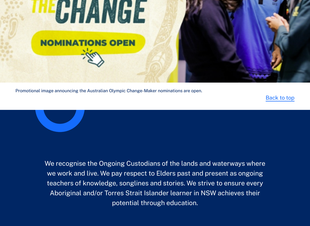
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Olympic-sized search for Australia's next Olympic Change-Makers

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 to 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 to nominate your students today, refer to Australian Olympic Change-Maker.



Promotional image announcing the Australian Olympic Change Maker nominations are open.

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We recognise the Ongoing Custodians of the lands and waterways where we work and live. We pay respect to Elders past and present as ongoing teachers of knowledge, songlines and stories. We strive to ensure every Aboriginal and/or Torres Strait Islander learner in NSW achieves their potential through education.