



ST. MARY'S PARISH SCHOOL

SPORTS POLICY

Sports Policy

Rationale

Physical activity is essential to achieve and maintain optimal health. Regular physical activity has many benefits including but not exclusive to, increasing self-esteem and enhancing learning capacity by improving cognitive function. The purpose of the sports policy is to endorse a school environment that promotes physical activity and aims to teach children about the importance of movement for physical and mental health.

Policy Statement

Participating in sporting activity develops the flexibility, movement skills and a team building capacity that can be essential prerequisites for a fulsome and satisfying life. Winning humbly and losing graciously are qualities we encourage at St Mary's.

Consequences

- Staff, parents and students will actively encourage the sports program to pupils of St Mary's. The aim of the program is to promote fair and respectful behaviours to ensure a positive, healthy sports culture is present. This is designed to provide a safe environment for all students to be challenged to reach their full potential in a variety of sports.
- The Principal will ensure that all personnel involved in sporting programs or activities have a clear understanding of the school policy and its guidelines regarding all aspects of the program/activity.
- School Staff will ensure instructions for each program and activity are conducted by suitably qualified personnel.
- The school staff will ensure appropriate health and safety measures take place e.g. sunsafe provisions, identifying hazards, etc.
- The school will provide and coordinate intensive swimming programs for all children where possible.
- Blue card requirements are to be fulfilled, as per the school administration manual.
- For school sporting activities, parents are to respect the role of coaches and teachers.

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