



Moonbi Public School Sports Policy

SCOPE

These guidelines and procedures apply to all students attending Moonbi Public School, and to all members of the Moonbi Public School community (teachers, administrators, parents or

caregivers, volunteers).

NSW DEPARTMENT OF EDUCATION POLICIES

Moonbi Public School's procedures for the organisation and management of school sport and physical activity support all relevant NSW Department of Education and Communities policies located at: [School Sport](#)

The [Sport and Physical Activity Policy](#) provides schools direction in relation to the mandatory weekly requirements for student participation in sport and physical activity, including the identification of procedures and requirements, equipment specifications, venue requirements and safety procedures.

The Sport and Physical Activity in [Schools Safe Conduct Guidelines](#) and [Requirements for all sport and physical activity](#) inform all school sport and physical activity programs and practices at Moonbi Public School.

This presentation should take approximately 30 minutes and be delivered to all teaching staff.

PHYSICAL ACTIVITY IN NSW PUBLIC SCHOOLS

This document acknowledges that physical activity occurs in a number of ways in NSW public schools. Physical activity is any movement of the body that results in some expenditure of energy. Activity such as this provides an opportunity for students to acquire and practice a range of personal, interpersonal, behavioural, social and cognitive skills. Physical activity provides the most health-related benefits for students when performed at moderate to vigorous levels of intensity.

Moderate intensity physical activities require some effort and noticeably accelerate the heart rate. Students are still able to talk while participating in the activities. Vigorous intensity physical activities require a large amount of effort and a substantial increase in heart rate. These activities make students 'huff and puff'.

Mandatory planned physical activity occurs through teaching and learning in Personal Development, Health and Physical Education (PDHPE) and School Sport. Additional physical activity can be planned or occur incidentally at other times of the school day such as at recess, lunch or in any other learning experience.

Physical Education (PE) is part of the mandatory key learning area Personal Development, Health and Physical Education (PDHPE). The NSW PDHPE syllabus prescribes a sequence of learning from Kindergarten to Year 12.

School Sport is an important part of the co-curricular and a mandatory part of whole school planning. School Sport offers students weekly planned opportunities to participate in physical activities according to their interests and abilities in a range of contexts and environments.

COLLABORATION AND CONSULTATION

At Moonbi Public School, the sport policy has been developed in partnership with staff, students and parents through staff meetings and both parent and student forums. It is our intention that this policy reflects the needs of students, their families and the school.

RATIONALE

Sport is conducted at Moonbi Public School under the auspices of the DET School Sport Unit. The School Sports Unit promotes and supports the implementation of appropriate sport and sport-

focused programs for all students by encouraging participation, skill development and excellence in performance.

At Moonbi Public School sport is an integral part of our school curriculum. Sport is provided on a class, stage and whole school basis. School representative teams play in the PSSA competition. Individual students may represent the school at Zone, Region and State level in various sports.

All government schools in New South Wales are required to provide students in Years K-6 with a minimum of 150 minutes of planned moderate with some vigorous physical activity across the school week. This time includes planned weekly sport. Sport as an aspect of the school curriculum is an integral part of an individual's development, requiring physical involvement in organised games or activities within an accepted set of rules. Sport is a valued and accepted part of a school's curriculum because it contributes to the development of the whole child. It provides a vehicle for a number of social, physical, emotional and moral learning outcomes and is an important expression of our culture. Participation, enjoyment and skill development of all students is the cornerstone of school sport.

AIMS

The aims of school sport are to:

- encourage participation of all students in sporting activities appropriate to their physical, mental, social, emotional and skill development.
- provide opportunity for playing a wide variety of sports within competitive and recreational contexts.
- develop the capacity of students to make reasoned decisions about ethical issues in sport that will lead to good player and spectator behaviour.
- develop skill and fitness to particular sports so that all students can experience success through enjoyable participation.

RELEVANT POLICIES AND REQUIREMENTS

- Emergency Care/CPR accreditation for staff
- First Aid for selected staff
- Sun Smart Policy
- Risk assessments
- Organised and private transport
- Excursion Policy
- Costing processes
- Selection of teams and school representatives
- Permission notes
- Use of external providers

REVIEW

Review of sport policies, management and procedures

A review of existing policies and practices relating to school sport with input from the whole school community will help to recognise areas of strength and identify aspects of the program that could be revitalised.

Evidence based decisions will achieve better outcomes which can be included in the school's

management plan and accurately reflect community needs and requirements.

Moonbi Public School will review sport policies, management and procedures each year. The review will use evaluation measurements to support any recommendations for change. Our school will explore the following questions in the review:

- How does sport meet our school community needs?
- Where does sport fit within the school's curriculum?
- What does current research say about sport in schools?
- What are student perceptions of school sport and how does this impact on the implementation of sport?
- What resources are necessary to run school sport? Are staff aware of, and using resources?
- Are we using the sport captains and other leaders effectively?
- How does sport impact on other activities in the school?
- What are DoE's requirements regarding school sport?
- What are the options for structuring school sport and how do they impact on school organisation?
- Where are school sport policies and guidelines located on the DoE intranet?
- Do staff feel confident/competent about delivering quality sport sessions?
- How can staff improve their delivery of school sport?
- Are there accredited courses available to support new teachers?

AWARENESS PRESENTATION FOR SPORT SAFETY GUIDELINES

The [Awareness presentation](#) outlines how the Sport safety guidelines are an effective tool in decreasing the frequency and severity of injury associated with sport and physical activity while promoting healthy participation. The [staff workbook](#) is to be used to support the presentation.

The safety conditions for specific activities apply whether the activity is taken as part of school sport, physical education, within school excursions, or any other occasion where planned sport or physical activity is to occur.

ROLES AND RESPONSIBILITIES

The roles and responsibilities of our school sport program include areas such as participation, competition, safety, community linkages, communication with parents/guardians, costs, professional learning, equipment and behaviour.

Moonbi Public School has a responsibility to ensure that every student is presented with the opportunity to participate in quality sport and physical activity experiences to enhance their learning and development.

At Moonbi Public School, the teacher will manage their classroom timetables to facilitate the mandatory requirements for school sport per departmental guidelines. All teachers will ensure that the appropriate WHS guidelines are followed.

Principal:

- Lead the development and implementation of this document. This would include operational

logistics, safe conduct procedures, resourcing implications, delivery and evaluation processes. Further information on the development of this procedures document is in the Sport and Physical Activity in Schools Safe Conduct Guidelines.

- Ensure that the school meets the mandatory weekly requirements for student participation in sport and physical activity.
- Ensure the safety conditions for specific activities in the Sport and Physical Activity in Schools Safe Conduct Guidelines are adhered to, whether an activity is taken as part of school sport, physical education, school excursions, or any other occasion where sport and physical activity is planned.
- Review and approve any sport or physical activity that is not specifically covered in the Sport and Physical Activity in Schools Safe Conduct Guidelines.

School Sport Organisers:

- Be responsible for the currency of the policy and oversight of support materials.
- Liaise between school and District and Regional conveners. This includes attending PSSA meetings, checking email and passing on information to relevant staff; advertising events to relevant students and providing them with notes and information to facilitate them to attend where possible/relevant.
- Support staff in any way possible to provide a quality school sport program for students.

Staff:

Teachers, coaches and any other members of the school community involved in the school sport program need to:

- prepare and conduct sessions based on sound coaching and teaching principles
- encourage participation
- cater for varying levels of ability by providing every student with a 'fair go'
- provide equal encouragement to all students to allow them to acquire skills and develop confidence
- ensure the program is available to all students by catering for groups with special needs such as:
 - female students
 - students with disabilities/additional learning needs
 - Aboriginal and Torres Strait Islander students
 - students with exceptional sport talent
- set realistic standards and objectives for students
- ensure a safe and productive environment
- adopt the Tamworth PSSA and North West Sporting Association behaviour codes
- ensure consequences of inappropriate behaviour are clearly understood and communicated through the school welfare/discipline system
- act as a good role model of sporting behaviour.

WEEKLY SCHOOL SPORT

At Moonbi Public School, we have sport on allocated days, organised in various groupings. The grounds at our school are sufficient to allow students enough room for K-6 sport on days allocated. Students are involved in a series of rotations of fundamental movement skills, team sports or carnival practice.

Teachers are responsible for:

- Selecting teams
- Organising helpers
- Collecting permission notes (in the case of off-site sport)
- Organising equipment for the sport they are playing
- Ensuring students walk to and from the ground safely (or bus/private transport in the case of off-site sport)
- Ensuring students are prepared – water, hat, sunscreen, medications etc

- Being prepared and have the skills and knowledge to teach the game
- General supervision/duty of care/safety

School Sport Organiser:

- Booking venue (in the case of off site sport)
- Organising permission notes/transport for off-site sport
- Organising outside providers where appropriate and/or parent helpers
- Liaising with staff about roles/jobs for the term
- Ensuring staff have the equipment/skills they require
- Updating risk assessment with WHS Officer

ORGANISATION OF CARNIVALS

Students compete in the annual Swimming, Athletics and Cross-Country Carnivals.

COMPETITIVE SWIMMING CARNIVAL

Venue: Nundle Swimming Pool

Date: February - Usually within the first 2 weeks of the school year.

Participants: Small Schools 3-6 Competitive Swimmers

Sport Co-ordinator and Swimming Carnival coordinator are responsible for the following tasks:

- Booking Carnival for the following year
- Permission notes – creation and distribution
- Organising helpers
- Briefing house captains about house meetings
- Gathering and organising equipment
- Liaising with staff about roles/jobs on the day and before
- Updating risk assessment
- Liaising with Nundle PS, Zone Swimming Coordinator and attendance at PSSA Meetings
- Organising team to go to district carnival

Teachers are responsible for:

- Collecting permission notes from their class
- Performing allocated tasks on the day
- General supervision/duty of care/safety/first aid

School Office Staff are responsible for:

- Booking buses- Minimum of 4 for booking a bus
- Collating notes and informing staff if any problems
- Paying invoice from pool

CROSS COUNTRY CARNIVAL

Venue: Moonbi Public School Grounds

Date: End of April/ Early May

Participants: Small Schools K-6

Sport Co-ordinator and Cross-Country Carnival Coordinator are responsible for the following tasks:

- Notifying GA of confirmed date and notify of venue requirements needed
- Permission notes – creation and distribution
- Organising helpers
- Gathering and organising equipment
- Liaising with staff about roles/jobs on the day and beforehand
- Updating risk assessment with WHS Officer
- Liaising with Zone Cross Country Coordinator and attendance at PSSA Meetings
- Organising team to go to district carnival

WHS Officer

- Updating risk assessment with Sport Co-ordinator and Carnival Coordinator

- Checking risk assessment items are checked off prior to event and throughout event.

Teachers are responsible for:

- Collecting permission notes from their class
- Performing allocated tasks on the day
- General supervision/duty of care
- Emergency care/first aid/safety

School Office Staff are responsible for:

- Collating notes and informing staff if any problems

ATHLETICS CARNIVAL

Venue: Tamworth Sports Dome

Date: June - Usually End of Term 2/ Beginning Term 3.

Sport Co-ordinator and Athletics Carnival Coordinator are responsible for the following tasks:

- Booking venue
- Permission notes – creation and distribution
- Organising helpers
- Gathering equipment and organising morning tea for staff/volunteers
- Liaising with staff about roles/jobs on the day and beforehand
- Updating risk assessment with WHS Officer
- Liaising with Zone Athletics coordinator and attendance at PSSA Meetings
- Organising team to go to district carnival

Teachers are responsible for:

- Collecting permission notes from their class
- Performing allocated tasks on the day
- General supervision/duty of care

WHS Officer

- Updating risk assessment with Sport Co-ordinator and Carnival Coordinator
- Checking risk assessment items are checked off prior to event and throughout event.

School Office Staff are responsible for:

- Collating notes/money and informing staff if any problems
- Booking buses- Minimum of 4 for booking a bus
- Paying invoice from Tamworth Sports Dome

NON-COMPETITIVE SWIMMING CARNIVAL & FUN DAY

Venue: Scully Park Swimming Pool

Date: December - Usually within the last 2 weeks of the school year.

Sport Co-ordinator and Swimming Carnival coordinator are responsible for the following tasks:

- Booking Carnival for the following year
- Permission notes – creation and distribution
- Organising helpers
- Gathering and organising equipment
- Liaising with staff about roles/jobs on the day and before
- Updating risk assessment

Teachers are responsible for:

- Collecting permission notes from their class
- Performing allocated tasks on the day
- General supervision/duty of care/safety/first aid

School Office Staff are responsible for:

- Booking buses- Minimum of 10 for booking a bus
- Collating notes and money and informing staff if any problems
- Paying invoice from pool

AFFILIATION

Moonbi Public School is a member of the Tamworth Zone Sports Association and the North West Schools Sports Association.

PSSA SPORT SELECTION

PS: PSSA Team nomination occurs in December of the year prior.

The sports coordinator will survey all 3-6 students, staff and possible coaches on which sports they would like to participate in before entering nominations.

Zone/Regional/State Carnival selection:

For swimming, cross country and athletics carnivals, selection will be based on times or placement. NSW PSSA sets the number of students selected for each event, usually the first **three** placegetters in age races, and the first **two** placegetters in all other events including relays. The zone cross country team, has **four** representatives from each of the age groups.

PSSA Representative Team selection:

Only a small number of students can be sent to try out for district teams as the trials are not a “come and try” day – the standard is high. The sports co-ordinator, as well as any other staff who have knowledge of the students ability in a particular sport, will select the representatives and provide them relevant information. Sometimes a trial might be necessary if there are large numbers of students at the required level or their level is unknown. Parents/carers are responsible for taking these representatives to and from the various trials and gala days associated with district selection.

The sports coordinator will advertise trial days on the school website, school stream and noticeboard.

Students will need to complete nomination form the beginning of the year and sports committee will review and nominate successful applicants.

REFEREES FEES

At times, sporting teams will require a qualified umpire/referee to handle and conduct games fairly. This usually means hiring an umpire/referee that charges a fee for the game. When this is the case, a note will be sent home to parents outlining the cost and when the money is due to be paid to the organising teacher. If payment is not forthcoming, the student will not be able to participate in the game. If there is a problem regarding game fees, please make a time to talk to the organising teacher. We will be happy to support.

AGE REQUIREMENTS

Children will not be permitted to commence competitive PSSA sport until that the child turns 8 years old or is in Year 3.

All children will participate in their year or age group. Promotion to a higher age group may be acceptable if there are insufficient numbers present in the older age group.

A younger player who has been assessed as being able to compete at a higher level, may do so providing all relevant parties agree with this decision.

At a representative level, most sporting events are targeted to students in Stage 3. As we are a small school more opportunities exist for our Stage 2 students, and although age may be taken into account, it is up to the coach and coordinator to select their best team.

COURT/FIELD TIME

Unlike non-competitive sporting events where fair or even court time is often the aim, competitive, representative sport, such as PSSA Knockout is another playing field. Even court/field time for all players is not guaranteed. Rather, players earn their court time by attitude, ability, attendance at training and potential to contribute to the overall team's success. Be aware that most teams run to a set number of players and certain positions, and the final decision will be at the coach's discretion. If your child is not consistently achieving the court time/minutes that you deem fair, please arrange a meeting to talk the coach to ascertain what steps your child needs to take to earn more court/field time. In close games it is possible that some players will see limited court/field time.

ZONE/REGIONAL REPRESENTATIVE TRYOUTS

- Students will be made aware of the trial dates; and
- Due to the limited number of students who are eligible from each school only those students who demonstrate exceptional skills relative to the sport will be considered.

The selection process will be based on either:

- Tryouts if there are more than the desired number of representatives; and or
- Proof and evidence of sporting achievements.

It is deemed that it is **not mandatory** for a school to select students for representative trials if the required skill level is not matched.

PSSA GALA DAYS / KNOCKOUT TEAM SELECTION:

Teachers are responsible for selecting PSSA teams for competitions. The coaches of the teams as well as other school staff will run selection trials at school, after giving students sufficient notice, choosing teams and advertising the teams as soon as possible. Selection should be based on merit and will be at the discretion of the coach. The students who the selectors feel are the strongest players and also offer the school the best team (personal attributes such as behaviour and sportsmanship may come into consideration) will be selected.

Teams will be selected from students who are in Stage 3 Year 5/6, unless there is a shortage of players or Stage 2 students demonstrate exceptional skill. A Stage 2 Year 3/4 student, who demonstrates exemplary skills, physical awareness and participates in that sport on a regular basis, may be considered for selection. If it is not stated that it is a single sex team, then the teams may be made up of mixed sexes.

When selecting students during trials, consideration will be given to those who display:

- Ability and strong skill level;
- Sportsmanship;
- Cooperation and positive attitude; and
- Commitment to training sessions.

If more students indicate an interest in a team than there are positions, trials will be held.

- Selections will be held over two sessions (minimum);
- Two reserves selected (minimum). Students will be informed as to whether they are the

reserve player;

- Where there are two children of **equal ability** the child from the higher school grade will be selected;
- Children do not have to participate in this sport out of school to be eligible to try out for the team, but experience, including out of school participation and representation will be considered;
- The selections will be made according to performance at selection sessions;
- Children who are absent due to illness or holidays on all selection days may not be considered unless additional players are required to form the team;
- If a child is absent for the selection days, due to other school commitments i.e. Zone sports or Selective High School Tests, then another training session will be held to determine if he/she is worthy of being selected;
- All children **trailing** will have equal time on the field/court **during the selection process**;
- If parents have questions regarding the selection process please call the office to make an appointment time.
- Once selections have been made, decisions are final and must be respected;
- Members of the public, parents or guardians of students may be appointed, at the discretion of the teacher in charge, to act as skills assistant. Their role is to provide coaching and technical assistance to those students selected by the teacher in charge. Those not directly employed by the school will be required to complete a 'Working with Children declaration' prior to involvement as a skills assistant; and

Students and parents need to understand that many of the sporting events that we enter in competitive school sport are of a high standard, with opposition being extremely competent in terms of skill level, knowledge of rules, tactical knowledge, strength and speed.

SCHOOL WORK

On the day of sporting events students are to be present at school where possible – (according to the time the game/sporting event is to commence and cease). Valuable class time can be missed when students do not return to school after sporting events or come to school before sporting events. Whole school days for sporting events will occur and, on these occasions, students are not required to be at school. If the sporting event is for only part of a school day, the student is expected to be at school when not partaking in the event. (Allowing time for travel). Consistent failure to follow this procedure will jeopardise the student's position in the sporting team and selection in future Moonbi PS teams.

Students who represent Moonbi PS are required to catch up on class lessons that have been missed. Class teachers in Stage 3 keep lesson notes and worksheets for students to take home with them to complete. It is the responsibility of students to collect and complete missed work. Consistent failure to follow this procedure will jeopardise the student's position in the sporting team and selection in future Moonbi PS teams.

To be fair to other students, representatives are asked not to return to school with food or beverages from fast food outlets.

Some talented sport students may be chosen for multiple PSSA teams and trials. It is at the discretion of the student's parent to decide whether their child participates in all nominated teams. Some parents prefer that their child only participate in 1 or 2 school teams, whereas, other parents are happy for their child to compete in all teams that their child is selected for. The

parent must make the final decision as to whether the student should or should not represent the school in certain teams or trials. If not representing, parents are required to communicate this to the teacher responsible for the team.

GRIEVANCE PROCEDURES

Issues of concern should be raised with regard to the following grievance process.

- Concerns related to players or parents should be raised with the coach or manager at an appropriate time.
- Concerns related to the coach or manager should be raised with the non-involved coach or manager at an appropriate time.
- Unresolved concerns should be addressed to the Sports Grievance Committee in writing via the school office.
- The Sports Grievance Committee consisting of the Principal and the Convenor will meet within seven days to resolve the grievance with relevant parties.

INJURY INSURANCE

The school does not accept any liability for students or parents arising from any injury or accident. Parents may choose to seek private insurance to assist financially in the event of injury. Coaches, managers and other volunteers are afforded a limited cover by the DOE Volunteer Policy.

PLAYER CODE OF CONDUCT AND DRESS CODE

When chosen to represent the school at PSSA, Zone, Region, State, at Gala Days or any other external sporting event, students are expected to behave in an exemplary manner both on and off the sports field. This includes wearing full school sports uniform. When representing the school, students may be expected to wear representative shirts or uniforms. These are to be handed back to the teacher in charge after the game or after the competition, whichever the teacher deems appropriate so that they can be washed.

Students are to sign a Player Code of Conduct prior to attending PSSA sport, Gala Days (competitive and non-competitive) and any other external sporting event. It is expected that students always uphold the Player Code of Conduct, which they must agree to and sign. Failure to do so will result in behaviour management procedures being put in place, as stated in the school's Student Welfare Policy.

Players, parents, spectators, teachers and coaches must all abide by the Zone PSSA Code of Conduct Policy. The school reserves the right to suspend a student's participation in sporting activities if their behaviour is inappropriate in any school activities.

At times, students are required to wear relevant safety equipment for specific sports (i.e. helmet, shin pads, mouth guard etc.) Studs (in shoes) are only to be worn whilst playing sport. When returning to school from sporting events students are asked to please remove studs, shin pads and other safety equipment.

Teachers, students, parents and any other members of the school community involved in the school physical activity program need to:

- ensure they are aware that their behaviour is expected to be consistent with both the school's code and the Tamworth PSSA and North West Sporting Association codes of behaviour

- promote the idea of 'fair play'. Learning about fair play helps young people develop an understanding of important values like respect, co-operation and teamwork.

Codes of Behaviour

Codes of behaviour/conduct provide a supportive framework which promotes fair play and appropriate behaviour in school sport. These codes apply to students, teachers, coaches, parents, officials and spectators who together provide the environment in which school sport is played.

The encouragement of student participation in sport and in so doing, contribute to higher levels of health and physical fitness,

The following codes apply to school sport at all levels and are designed to highlight:

- The principles of enjoyment, satisfaction and safe play in sport;
- That students participate for their own sake and not to fulfil the desires of parents, adult groups or peers; and

At Moonbi our sports policy is based upon the core Olympic motto of *citius, altius, fortius* (faster, higher, stronger). We aim to nurture each athlete to be fundamentally stronger both physically and mentally. Regardless of their individual starting points, each student is given the opportunity to maximise their potential through friendly and competitive platforms, both within the school and out of school at zonal and nation-wide competitions.

Citius, Altius, Fortius - Faster, Higher, Stronger

The motto of the Olympic Games is *Citius, Altius, Fortius* which is Latin for 'Faster, Higher, Stronger'. It is a clarion call to all competitors, including the youngest, to engage in training strategies that prepare athletes to be the best in the world.

Pierre de Coubertin stated, "I remain convinced that sport is one of the most forceful elements of peace, and I am confident in its future action." It is the values of the games: "striving for excellence", "demonstrating respect" and "celebrating friendship" that make the Olympic Games a sporting event that can be matched by no other.

At Moonbi we endeavour to develop the characteristics of the three Olympic values:

Encourage Effort – Striving for Excellence

"Encourage effort" is derived from the Olympic motto "*Citius, Altius, Fortius*" and the fundamental principle of Olympism, which states that "Olympism seeks to create a way of life based on the joy of effort, the educational value of good example". In this sense, "aim for excellence" means always doing and giving one's best.

Preserve Human Dignity – Demonstrating Respect

"Preserve human dignity" is based on several fundamental principles: Every individual must have the possibility of practising sport, without discrimination of any kind and in the Olympic spirit, which requires mutual understanding with a spirit of friendship, solidarity and fair play.

Develop Harmony – Celebrating Friendship

"Develop harmony" implies the combination in a balanced whole of the qualities of body, will and mind. Sport must thus be at the service of the harmonious development of mankind.

AWARDS

The following is the desirable award criterion, timeline and type of award designed to guide staff in

planning but due to changes in cohorts, the circumstances at the time the award schedule or award presentation maybe changed or removed for the current year at any time as negotiated by general consensus of staff agreement of the Award Selection Committee.

For most awards staff will nominate students for awards in a week prior to Award Selection Committee Meeting

Sports Awards

<u>Award</u>	<u>Criterion</u>	<u>Type of award</u>	<u>Award Schedule</u>
SPORTSPERSON OF THE YEAR AWARD	<input type="checkbox"/> Level of skill demonstrated in a variety of sports <input type="checkbox"/> Leadership qualities <input type="checkbox"/> Attitude and conduct in sporting activities <input type="checkbox"/> Participation and teamwork <input type="checkbox"/> Regional, State and National representation <input type="checkbox"/> Displays outstanding sporting ability and a high level of sportsmanship and co-operation. <input type="checkbox"/> Dedicated to achievement in sport	Name engraved on Perpetual Trophy (@School) Individual Trophy + Certificate	Sports Awards Ceremony
CHAMPION GIRL ATHLETE OF THE YEAR	<input type="checkbox"/> Highest combined Swimming, Cross-Country & Athletics points for a girl	Name engraved on Perpetual Trophy @School Individual Trophy	Sports Awards Ceremony
CHAMPION BOY ATHLETE OF THE YEAR	<input type="checkbox"/> Highest combined Swimming, Cross-Country & Athletics points for a boy	Name engraved on Perpetual Trophy @School Individual Trophy	Sports Awards Ceremony
SWIMMING CHAMPION GIRL SWIMMER OF THE YEAR	<input type="checkbox"/> Highest swimming points for a girl	Name engraved on Perpetual Trophy @School Individual Trophy	Sports Awards Ceremony
SWIMMING CHAMPION BOY SWIMMER OF THE YEAR	<input type="checkbox"/> Highest swimming points for a boy	Name engraved on Perpetual Trophy @School Individual Trophy	Sports Awards Ceremony
SWIMMING HOUSE OF THE YEAR	<input type="checkbox"/> Highest swimming points awarded to a Team	Team engraved on Perpetual Trophy @School	Sports Awards Ceremony
CROSS COUNTRY CHAMPION GIRL RUNNER OF THE YEAR	<input type="checkbox"/> Highest Cross-Country points for a girl	Name engraved on Perpetual Trophy @School Individual Trophy	Sports Awards Ceremony
CROSS COUNTRY CHAMPION BOY RUNNER OF THE YEAR	<input type="checkbox"/> Highest Cross-Country points for a boy	Name engraved on Perpetual Trophy (@School) Individual Trophy	Sports Awards Ceremony
CROSS COUNTRY HOUSE OF THE YEAR	<input type="checkbox"/> Highest Cross-Country points awarded to a Team	Team engraved on Perpetual Trophy (@School)	Sports Awards Ceremony
ATHLETICS CHAMPION GIRL TRACK & FIELD COMPETITOR OF THE YEAR	<input type="checkbox"/> Athletics Highest points for a Girl	Individual Medal	Sports Awards Ceremony
ATHLETICS CHAMPION BOY TRACK & FIELD COMPETITOR OF THE YEAR	<input type="checkbox"/> Athletics Highest points for a Boy	Individual Medal	Sports Awards Ceremony
ATHLETICS HOUSE OF THE YEAR	<input type="checkbox"/> Athletics Highest points for a Team	Individual Medal	Sports Awards Ceremony
OVERALL HOUSE OF THE YEAR	<input type="checkbox"/> Highest overall points awarded to a Team	Team engraved on Perpetual Trophy (@School)	Sports Awards Ceremony
PSSA SOCCER COACHES PLAYER OF THE YEAR	<input type="checkbox"/> Coaches award to their best and most consistent player of the year.	Individual Trophy	Sports Awards Ceremony
PSSA SOCCER MOST IMPROVED PLAYER OF THE YEAR	<input type="checkbox"/> Coaches award to the most improved player of the year.	Individual Trophy	Sports Awards Ceremony

PSSA SOCCER TEAM APPRECIATION	<input type="checkbox"/> Awarded to the PSSA Soccer Coach	Certificate & Gift	Sports Awards Ceremony
PSSA TOUCH COACHES PLAYER OF THE YEAR	<input type="checkbox"/> Coaches award to their best and most consistent player of the year.	Individual Trophy	Sports Awards Ceremony
PSSA TOUCH MOST IMPROVED PLAYER OF THE YEAR	<input type="checkbox"/> Coaches award to the most improved player of the year.	Individual Trophy	Sports Awards Ceremony
PSSA TOUCH TEAM APPRECIATION	<input type="checkbox"/> Awarded to the PSSA Touch Coach	Certificate & Gift	Sports Awards Ceremony
PSSA NETBALL COACHES PLAYER OF THE YEAR	<input type="checkbox"/> Coaches award to their best and most consistent player of the year.	Individual Trophy	Sports Awards Ceremony
PSSA NETBALL MOST IMPROVED PLAYER OF THE YEAR	<input type="checkbox"/> Coaches award to the most improved player of the year.	Individual Trophy	Sports Awards Ceremony
PSSA NETBALL TEAM APPRECIATION	<input type="checkbox"/> Awarded to the PSSA Netball Coach	Certificate & Gift	Sports Awards Ceremony
PSSA HOCKEY COACHES PLAYER OF THE YEAR	<input type="checkbox"/> Coaches award to their best and most consistent player of the year.	Individual Trophy	Sports Awards Ceremony
PSSA HOCKEY MOST IMPROVED PLAYER OF THE YEAR	<input type="checkbox"/> Coaches award to the most improved player of the year.	Individual Trophy	Sports Awards Ceremony
PSSA HOCKEY TEAM APPRECIATION	<input type="checkbox"/> Awarded to the PSSA Hockey Coach	Certificate & Gift	Sports Awards Ceremony
PSSA SOFTBALL COACHES PLAYER OF THE YEAR	<input type="checkbox"/> Coaches award to their best and most consistent player of the year.	Individual Trophy	Sports Awards Ceremony
PSSA SOFTBALL MOST IMPROVED PLAYER OF THE YEAR	<input type="checkbox"/> Coaches award to the most improved player of the year.	Individual Trophy	Sports Awards Ceremony
PSSA SOFTBALL TEAM APPRECIATION	<input type="checkbox"/> Awarded to the PSSA Softball Coach	Certificate & Gift	Sports Awards Ceremony
SPORTING BLUE	Blues may be awarded to those nominated students who achieved outstanding representation in their chosen sport/s, and who have displayed sportsmanship which embraces the ideals of the PSSA whilst satisfying the following criteria. The student must be a State representative in their sport to be considered for a Blue. (i.e. must have been selected in a NSW PSSA or CHS State Team.)	Individual Medal + Certificate	Sports Awards Ceremony
PREMIERS SPORTING CHALLENGE MEDAL	<input type="checkbox"/> Recognition of a "good sport", a student who always tries their very best, encourages other students and always seeks to wholeheartedly participate in school sport and/or physical activity programs.	Individual Medal	Sports Awards Ceremony
CITIUS	<input type="checkbox"/> Highest Citius points. Points given for excellence gained from PSSA Events, School Sports Day, Premier Sporting Challenges	Individual Medal	Term 4 Awards Assembly
ALTIUS	<input type="checkbox"/> Highest Altius points. Points given for respect gained from PSSA Events, School Sports Day, Premier Sporting Challenges	Individual Medal	Term 4 Awards Assembly
FORTIUS	<input type="checkbox"/> Highest Fortius points. Points given for improvement gained from PSSA Events, School Sports Day, Premier Sporting Challenges	Individual Medal	Term 4 Awards Assembly
CITIUS, ALTIUS, FORTIUS ~ AN OLYMPIC EFFORT	<input type="checkbox"/> Highest Overall Combined Score	Individual Trophy	Sports Awards Ceremony

SWIMMING JUNIOR CHAMPION	<input type="checkbox"/> Swimming Highest points for a Junior	Individual Medal	T1 Special Awards Assembly
SWIMMING SENIOR CHAMPION	<input type="checkbox"/> Swimming Highest points for a Senior	Individual Medal	T1 Special Awards Assembly
CROSS_COUNTRY MINOR CHAMPION	<input type="checkbox"/> Cross-Country Highest points for a Minor	Individual Medal	T2 Special Awards Assembly
CROSS_COUNTRY JUNIOR CHAMPION	<input type="checkbox"/> Cross-Country Highest points for a Junior	Individual Medal	T2 Special Awards Assembly
CROSS_COUNTRY SENIOR CHAMPION	<input type="checkbox"/> Cross-Country Highest points for a Senior	Individual Medal	T2 Special Awards Assembly
ATHLETICS MINOR CHAMPION	<input type="checkbox"/> Highest Athletics points for a Minor	Individual Medal	T3 Special Awards Assembly
ATHLETICS JUNIOR CHAMPION	<input type="checkbox"/> Highest Athletics points for a Junior	Individual Medal	T3 Special Awards Assembly
ATHLETICS SENIOR CHAMPION	<input type="checkbox"/> Highest Athletics points for a Senior	Individual Medal	T3 Special Awards Assembly
SWIMMING MINOR CHAMPION	<input type="checkbox"/> Swimming Most Improved & Strongest Intensive Swimming Minor	Individual Medal	Special Awards Assembly

Event Point score

School Level	Small School Level	District Level	Regional Level	State Level	National Level
1 st = 6 pts	1 st = 12 pts	1 st = 18 pts	1 st = 24 pts	1 st = 30 pts	1 st = 36 pts
2 nd = 5 pts	2 nd = 10 pts	2 nd = 15 pts	2 nd = 20 pts	2 nd = 25pts	2 nd = 30pts
3 rd = 4 pts	3 rd = 8 pts	3 rd = 12 pts	3 rd = 16 pts	3 rd = 20 pts	3 rd = 24pts
4 th = 3 pts	4 th = 6 pts	4 th = 9 pts	4 th = 12 pts	4 th = 15 pts	4 th = 20 pts
5 th = 2pts	5 th = 4pts	5 th = 6 pts	5 th = 8 pts	5 th = 10 pts	5 th = 12pts
6 th = 1pts	6 th = 2pts	6 th = 3 pts	6 th = 4pts	6 th = 5pts	6 th = 6pts

Team Representation Point score

School Level Team Rep = 6 pts Small School Level Team Rep = 12 pts District Level Team Rep= 18 pts
Regional Level Team Rep=24 pts State Level Team Rep = 30 pts National Level Team Rep = 36 pts

Zone Swimming Qualification Times – As of February 2017

Boys		Girls	
100m Freestyle	1:30	100m Freestyle	1.39.00
8 Years 100m Freestyle	1.05.00	8 Years 100m Freestyle	1.07.00
9 Years 100m Freestyle	1.01.00	9 Years 100m Freestyle	1.02.00
10 Years 100m Freestyle	59.00	10 Years 100m Freestyle	1.00.00

11 Years 100m Freestyle	56.80	11 Years 100m Freestyle	58.00
12 Years 100m Freestyle	56.60	12 Years 100m Freestyle	57.60
13 Years 100m Freestyle	59.00	13 Years 100m Freestyle	1.01.80
Junior 50m Backstroke	1.03.00	Junior 50m Backstroke	1.03.20
11 Years 50m Backstroke	58.90	11 Years 50m Backstroke	59.20
Senior 50m Backstroke	58.90	Senior 50m Backstroke	59.20
Junior 50m Breaststroke	1.08.00	Junior 50m Breaststroke	1.08.30
11 Years 50m Breaststroke	1.03.50	11 Years 50m Breaststroke	1.03.50
Senior 50m Breaststroke	1.03.50	Senior 50m Breaststroke	1.03.50
Junior 50m Butterfly	59.00	Junior 50m Butterfly	1.01.00
11 Years 50m Butterfly	55.50	11 Years 50m Butterfly	55.80
Senior 50m Butterfly	55.50	Senior 50m Butterfly	55.80
Junior 200m Medley	4.00.00	Junior 200m Medley	4.00.00
Senior 200m Medley	3.40.00	Senior 200m Medley	3.40.00

Target Times for Cross Country – As of July 2020

1000m Events	Boys	Girls	2000m Events	Boys	Girls	3000m Events	Boys	Girls
5 Years	00:00.00	00:00.00	8 Years	00:00.00	00:00.00	11 Years	00:12:25	00:11:09
6 Years	00:00.00	00:00.00	9 Years	00:00.00	00:00.00	12 Years	00:9:46	00:13:25
7 Years	00:00.00	00:00.00	10 Years	00:12:22	00:13:24	13 Years	00:15:35	00:0.00

Athletics Target Times for Tracks Events – As of July 2020

Track 100m Events	Boys	Girls	Track Events	Boys	Girls	Track Hurdles Events	Boys	Girls
5/6 Years	0.00	0.00	13 Years 100m	12.21	0.00	Minor Championship	0.00	0.00
7 Years	0.00	0.00	Minor 200m Championship	0.00	0.00	Junior Championship	0.00	0.00
8 Years	13.99	14.45	Junior 200m Championship	26.48	27.61	Senior Championship	0.00	0.00
9 Years	13.58	13.88	Senior 200m Championship	23.83	25.50	Junior Relay	55.15	57.61
10 Years	12.85	13.36	Minor 800m Championship	0.00	0.00	Senior Relay	51.24	53.21
11 Years	12.25	12.72	Junior 100m Championship	13.04	13.54	Junior 800m Championship	2:19.84	2:22.44
12 Years	11.87	12.64	Senior 100m Championship	12.04	12.54	Senior 800m Championship	2:10.44	2:13.46

Athletics Target Distances for Field Events – As of July 2020

Field Events	Boys	Girls	Field Events	Boys	Girls	Field Events	Boys	Girls
Minor Long Jump	0.00m	0.00m	Junior Long Jump	5.87m	4.73m	Senior Long Jump	5.05m	5.15m
Minor High Jump	0.00m	0.00m	Junior High Jump	1.55m	1.48m	Senior High Jump	1.70m	1.63m
Minor Shot Put	0.00m	0.00m	Junior Shot Put	12.98m	12.10m	Senior Shot Put	14.75m	12.50m
Minor Discus	0.00m	0.00m	Junior Discus	45.02m	39.21m	Senior Discus	50.40m	42.46m

Moonbi Public School

Sports Code of Conduct

PLAYERS' CODE OF CONDUCT

- Play for the fun of it but give it your all.
- Play by the rules and always abide by the decisions of officials.
- Control your temper. Make no criticism by word or gesture. Deliberately distracting or provoking an opponent is not acceptable or permitted in any sport.
- Work equally hard for yourself and your team. Your team's performance will benefit and so will your own.
- Be willing to train and prepare for the game or competition. Preparation helps prevent injury and increases the level of enjoyment.
- Play only when you are fully fit. To play with an injury will handicap your team and may expose you to the risk of further and more serious injury.
- Be a good sport. Applaud the play of your teammates and that of your opponents.
- At all times cooperate with your coach, teammates and opponents.
- Remember the goals of the game are to have fun and improve your skills. Be modest in success and generous in defeat.

I have read the above Code of Conduct and agree to abide by this code to the best of my ability when participating in school sport at Moonbi PS.

Name

Signature

Date

Moonbi Public School

Sports Code of Conduct

PARENTS' /SPECTATORS CODE OF CONDUCT

- Encourage your child to play by the rules.
- If children are interested in sport, encourage them to participate.
- Remember that children participate in organised school sport for their enjoyment and fulfilment, not yours.
- Teach your child that honest effort is as important as winning.
- Encourage your child to work towards skill improvement. Never ridicule any child for making a mistake or losing a competition.
- Always encourage the principle of good sportsmanship.
- Applaud good play by all individuals and all teams.
- Do not publicly question the officials' judgement or honesty.
- Appreciate the contribution and commitment of teachers in coaching positions.
- Have realistic expectations for your child and his or her team.
- Verbal and physical abuse will not be tolerated.
- All school sport events are alcohol and smoke free zones.

I have read the above Code of Conduct and agree to abide by this code to the best of my ability when my child is participating in school sport at Moonbi PS.

Name

Signature

Date

Moonbi Public School

Sporting Code of Conduct

TEACHERS' - COACHES' CODE OF CONDUCT

- Create opportunities to teach appropriate sporting behaviour as well as sporting skills.
- Teach your players to play by the rules.
- Remember that all students play for the fun and enjoyment and that winning should not be over emphasised.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the participants.
- Develop team respect for the ability of opponents, as well as for the judgement of officials and opposing coaches.
- Follow medical advice when determining when an injured player is ready to play.
- Develop in students an awareness of the physical fitness values of sports and their life-long health and recreational value.