

# ST. JOSEPH'S PRIMARY LEETON



## SCHOOL SPORTS POLICY

### **RATIONALE**

Regular participation in physical activity during childhood is associated with a range of physical and mental health benefits. Active children become healthy adults, and schools play a key role in contributing to that outcome.

In our school, students participate in planned sport and physical activity at various levels on a regular basis, and it is important that we provide physical activity experiences which are conducted in a safe and supportive environment.

A safe environment:

- provides a greater opportunity for students to enjoy physical activity, develop skills, interact socially and achieve personal goals
- protects students from injury
- encourages them to continue their lifelong participation in regular physical activity

### **AIM**

The aim of our school sport policy is to ensure that sport and physical activity in our school is conducted in a safe and enjoyable manner for all involved, and also to support staff in implementing, leading and supervising a range of sport programmes and physical activities.

### **ORGANISING AND PLANNING**

The PDHPE Syllabus details more important considerations for safety of physical activity (see pages 41-42).

Guidelines for specific activities are clearly stated in the GUIDELINES FOR SAFE CONDUCT OF SPORT AND PHYSICAL ACTIVITY IN SCHOOLS document (DET).

The pages following provide a table for staff to refer to when considering the safety aspects associated with physical and sporting activities

### **RESOURCES**

PD/H/PE Syllabus K-6

GUIDELINES FOR SAFE CONDUCT OF SPORT AND PHYSICAL ACTIVITY IN SCHOOLS

This policy was reviewed in 2010 and to be reviewed again in 2015 in consultation with the National Curriculum.