

---

<b>POLICY TITLE:</b>	<b>PHYSICAL EDUCATION AND SPORT</b>
<b>PUBLISHED:</b>	2009
<b>IDENTIFIER:</b>	PES200907
<b>LEGISLATION:</b>	<i>Education Act 2004 (ACT)</i> <i>Schools Assistance Act 2008 (Cwlth)</i>

---

## **1 POLICY STATEMENT**

- 1.1 Schools must develop physical education and sport programs which are in line with the *ACT curriculum framework (P-10)* or an accredited ACT Board of Senior Secondary Studies (years 11 and 12) course.
- 1.2 Principals must appoint an appropriate staff member to coordinate the school's involvement in physical education and sport.
- 1.3 For each student from kindergarten to year 10 there are mandatory times to be devoted within curriculum time to the area of physical education and sport. Allocation of time for physical education and sport for students in preschool programs or colleges must be appropriate to meet the developmental needs of students and/or assessment requirements.
  - 1.3.1 Each year, from kindergarten to year 6, schools must provide students with a minimum of 25 – 30 minutes per day of moderate to vigorous physical activity as part of planned physical education and sport programs.
  - 1.3.2 Each year, from year 7 to year 10, schools must provide students with a minimum of 150 minutes per week of moderate to vigorous physical activity as part of planned physical education and sport programs.
  - 1.3.3 Where a school's timetable for year 6 is aligned with year 7 to year 10 timetable structures, application of the mandatory times for year 7 to year 10 students is allowed.

## **2 RATIONALE**

- 2.1 The policy explains the responsibilities of school principals and boards for the provision of safe and effective physical education and sport programs.

## **3 DEFINITIONS**

- 3.1 ***Physical activity*** is a broad term which describes all movements in everyday life which accelerates the heart rate, predominantly through games, sport, dance and recreation.

---

### **Physical Education and Sport**

PES200907 is the unique identifier of this document. It is the responsibility of the user to verify that this is the current and complete document, located at [http://www.det.act.gov.au/publications\\_and\\_policies/policy\\_a-z](http://www.det.act.gov.au/publications_and_policies/policy_a-z)

- 3.2 **Physical education** is the process of gaining knowledge, skills and attitudes, mainly through physical activity.
- 3.3 **Sport** is the collective term for all physical activity formalised by a set of rules, usually competition based. In a school environment, sport can occur within the physical education curriculum and as an extra curricular activity.
- 3.4 **Suitably qualified teacher** or **sports leader** is formally qualified in a particular sport or has demonstrated experience in a particular sport to the satisfaction of the principal. Where an adult other than a teacher is invited by the school to conduct sports clinics for students, it is strongly recommended that the person possess at least a Level 1 (accredited by the National Coach Accreditation Scheme (NCAS)) coaching qualification in the sport to be presented.

#### 4 PROCEDURES

- 4.1 The principal must approve all activities and personnel.
- 4.2 A teacher must supervise all physical education and sporting activities.
- 4.3 When developing physical education and sport programs, teachers must refer to the *Physical Education and Sport: Implementation Guidelines (2009)* and implement all requirements for the relevant sport(s).
- 4.4 Where guidelines are not published for a sport, teachers considering its inclusion in their physical education and sport program should consult the Directorate's Physical Education and Sport Unit. Such sports/activities may also be located in the *Outdoor Adventure Activities – Policy and Mandatory Procedures (2009)*.
- 4.5 Each school should develop a comprehensive statement and policy on its conduct of extra curricular sport.

#### Role and responsibilities of principals

- 4.6 Principals will:
- oversee the provision of planned, sequential programs designed to develop students' knowledge, skills and attitudes required for physical education which is considered essential as described in the ACT curriculum framework
  - ensure curriculum time requirements for physical education and sport programs are met as specified in 1.3.1 and/or 1.3.2
  - support teachers in implementing the appropriate codes of behaviour as outlined in the *Physical Education and Sport: Implementation Guidelines (2009)*
  - ensure that all teachers delivering physical education classes are aware of their responsibilities for programs as outlined in 4.8.

#### Role and responsibilities of physical education and sports coordinators

- 4.7 Physical education and sport coordinators will:
- develop appropriate administrative structures which ensure viable physical education programs.

---

#### Physical Education and Sport

PES200907 is the unique identifier of this document. It is the responsibility of the user to verify that this is the current and complete document, located at [http://www.det.act.gov.au/publications\\_and\\_policies/policy\\_a-z](http://www.det.act.gov.au/publications_and_policies/policy_a-z)

## Role and responsibilities of teachers

- 4.8 Teachers delivering physical education classes will:
- be familiar with the *Physical Education and Sport: Implementation Guidelines (2009)* and implement all requirements for individual sports, particularly the requirement relating to jewellery
  - comply with the responsibilities of employees as listed in the *Injury Prevention and Management (2005)* policy statement
  - implement broad and balanced programs designed to develop students' knowledge, skills and attitudes in relation to physical activity through essential and worthwhile content as described in the ACT curriculum framework
  - be responsible for monitoring, assessing and reporting on students in their class
  - ensure that physical activities are conducted in a safe learning environment in accordance with the *Physical Education and Sport: Implementation Guidelines (2009)* and other related documents referred to in this policy
  - be responsible for the supervision of other personnel providing physical education programs for their students
  - ensure all students have access and opportunity to participate in physical education programs
  - be responsible for maintaining and updating qualifications and specific requirements related to specialised activities.
- 4.9 Teachers planning and conducting extracurricular sporting activities must ensure that, where relevant:
- the Directorate's *Excursions (2006)* policy is followed
  - students are aware of the rules for the activity and the appropriate codes of conduct
  - all reasonable care is taken to protect students from risks of injury that the teacher should reasonably foresee, including actions of other students and injury from inanimate objects
  - appropriate staff/student ratios are observed
  - adequate supervision is provided for both players and student spectators
  - a portable first aid kit and access to medical facilities, appropriate to the sport or level of competition, are readily available (refer to the *First Aid (2003)* policy, including blood spills and sharps disposals procedures)
  - students are instructed to leave the field, where possible, if injured and appropriate first aid sought
  - play stops until medical assistance arrives where a student is unable to leave the field and does not resume until the student has left the field.

## Facilities and equipment

- 4.10 Measures must be adopted to reduce the risk of facility or equipment-related injury during physical education and sports activities. Those involved in the conduct of physical education and sport must:
- maintain facilities and equipment in a safe condition
  - properly supervise all participants during sessions
  - where relevant, ensure that adequate protective equipment is available and used for training and competition (refer to *Physical Education and Sport: Implementation Guidelines (2009)*)

---

### Physical Education and Sport

PES200907 is the unique identifier of this document. It is the responsibility of the user to verify that this is the current and complete document, located at [http://www.det.act.gov.au/publications\\_and\\_policies/policy\\_a-z](http://www.det.act.gov.au/publications_and_policies/policy_a-z)

- ensure that protective equipment is correctly fitted (mouthguards and male protectors are the responsibility of individual participants)
- modify equipment, rules and field/pitch/court dimensions (as appropriate)
- cancel matches or training where inspection of playing surfaces and equipment shows they are unsuitable or unsafe for play.

## Guidelines

4.11 Separate guidelines supporting the implementation and management of activities in accordance with the policy are attached. These include issues relating to insurance, safety, physiological conditions, medical considerations, facilities and equipment, codes of behaviour and sports-specific conditions.

4.12 The guidelines are available at:  
[http://www.act.gov.au/publications\\_and\\_policies/policy\\_a-z](http://www.act.gov.au/publications_and_policies/policy_a-z)

---

**Policy Owner:** Director, Learning and Teaching

**Related Documents:** *Student Accidents/Incidents (2008)*  
*Alcohol – Possession and Consumption in Schools and at School Related Activities (1998)*  
*Excursions (2006)*  
*First Aid (2003)*  
*Get a move on – The importance of school-based initiatives to increase children’s physical activity (2007)*  
*Hepatitis Guidelines for Schools (2003)*  
*HIV/AIDS Policy and Mandatory Procedures (1995)*  
*Injury Prevention and Management Policy Statement (2005)*  
*Outdoor Adventure Activities – Policy and Mandatory Procedures (2004)*  
*School Canteens (2007)*  
*Sun Protection (2006)*  
*Visitors in Schools Framework (2005)*