



Physical Education and Sport



Swannanoa School
Kura Koromiko

Physical Education at Swannanoa

Introduction

Through learning in Health and Physical Education, students will develop the knowledge, skills, attitudes, and motivation to make informed decisions and to act in ways that contribute to their well-being, the well-being of other people, and that of society as a whole. (*Health and P.E in the New Zealand Curriculum*)

We are lucky at Swannanoa to have a staff dedicated and experienced at teaching Physical Education for a range of abilities. Our Community is an active community that values active busy kids. The Mandeville Sports Centre is a focal point of our community. As a school, we believe that through Physical Education children will learn not only a range of physical skills but skills such as teamwork, leadership and overcoming personal challenges while maintaining and ensuring success for every student.

The Programme

At Swannanoa, the children take part in a balanced P.E programme. Which focuses on skills and strategies throughout the Physical Education and Health curriculum. A major part of our programme is a specifically designed PE programme for primary schools run by the North Canterbury Primary Schools Sports Association who partner with the school to implement a weekly programme where each child is involved on a fortnightly basis. They run a coaching programme that has follow up activities for teachers to reinforce the learning outcomes between sessions. The programme is a generic programme designed for age and stage primary school students.

The units covered include:-

Team Building – getting to know one another, teamwork & cooperation.

Small Ball Skills – individual and team skills in cricket, tennis, softball.

Large Ball Skills – individual and team skills in Basketball, Football, Rugby, Netball etc

Athletics – building skills in athletic disciplines (running, jumping, throwing).

Aquatics – A programme run by Wai Swim at Dudley Pool in Rangiora – Yr1 – Yr 6. The school runs a swim programme from Late December through to March/April.

Fitness – It is expected that fitness is taken by teachers within their Hapu on a daily basis.

Sport at Swannanoa

Sport has an educative function and learning through sport is central to our school's programme. Swannanoa School enters teams in a range of competitions and we are developing successful athletes and teams while focusing on enjoyment and success.

Selection -The school's policy is that children must take part on the day for selection for the next stage. When needed, there will be trials to select a top team, this is to ensure that those children with expertise and skills are extended to the best of their abilities. Children who do not make this team will be distributed evenly to create mixed ability teams. This allows them to develop their skills further as well as developing a passion for the game.

Inter-School Sports Tournaments/Competitions

Below are a range of tournaments we involve ourselves in.

- **North Canterbury Winter Tournament** - Nine-week sporting event Friday afternoon.
- **PEGASUS ZONE One day Winter Tournament** - involves a variety of schools within the North Canterbury area. Competitions will be run for each sport for Years 7 & 8 and Years 5 & 6. The top 2 senior teams and 1 junior team from each sport and from each zone, will qualify to attend the Primary Sports Canterbury Winter Tournament in Christchurch.
- **Eyre Cluster Winter Tournament (Term 2 and Term 3)** - with View Hill, Oxford Area School, West Eyreton. The sports include – Basketball, Netball, Football, Touch and Hockey.
- **Jump Jam** – Inter-School Competition runs in Term 3.
- **Swimming Sports** – Successful students move through to Eyre Cluster sport then Pegasus Sports then North Canterbury, finally through to Canterbury
- **Athletic Sports** – Successful students move through to Eyre Cluster sports then Pegasus Sports then North Canterbury, finally through to Canterbury
- **Cross Country** – Successful students move through to Cluster sports then Pegasus Sports then North Canterbury, finally through to Canterbury
- **Koru Games** – This is the South Island equivalent of the AIMS Games
- **Huxster MTB Team** – compete regularly alongside other students.
- **Rugby/Netball** - interchange with West Eyreton School and other schools within the district.

Summer Sports

Swannanoa actively encourages and supports the Touch competition held on Thursday nights at Mandeville Sports centre and also has a very active basketball group that has multiple teams entered into the North Canterbury Basketball competition.

Touch Rugby Teams – multiple teams in the Thursday night competition at Mandeville
Cricket Carnival - played at Mainpower Oval. Yr 5 and Yr 6.

Basketball - There are two seasons of competitions annually:

- A 6-week competition in Term 1 (approx. March – April)
- A 10-week competition in Term 4 (October – December)

Extension Activities

We also provide sport extension activities for students.

Sports' Leadership – As part of PALs, senior students run several activities for the younger children. This is a way of growing our young leaders and allowing for the concept of Tuakana/ Teina to be integrated into school life.

Sports portfolio- a meeting with children is held to discuss upcoming sporting events.

Develop two sports leaders in the Yr 8 area. One boy and One Girl. They run the sports board outside the hall, speak at assemblies, help promote sporting events and write a piece in the newsletter.

The Future

Sports Notice board.

Trophy cabinet

PE/activity uniform

Sports Facebook page

Increase our teams in all competitions – continue to prove we can be a major player in all Primary and Intermediate Competitions.

AIMS Games – We would like to think we are close to being able to send a senior sports team to the AIMS Games. This would provide an opportunity for our children to compete in a significant National sporting event.

Puketeraki - With the establishment of the Puketeraki Community of Learning we believe this will provide a powerful mechanism to promote and develop a wider range of sporting opportunities for Swannanoa Students.

Annual meetings to take place with the key members of the sporting groups ie. Basketball and Touch Rugby to have a clear understanding of roles and any perceived concerns.

In liaison with the PE Coordinator, Swannanoa is very supportive of entering children into active events but requires parents to be managers and coaches. These events can not be resourced by the school but in partnership, we can make these happen.

Examples include

- Mainland Football competition – Yr 1- Yr8.
- Interschool skiing competition
- Weetbix Tryathlon
- Rakahuri Rage – NCSSPA organisation.
- Gymnastics
- Basketball
- Touch Rugby
- Miniball
- Huxster

SWANNANOA SCHOOL SPORT **CODE OF CONDUCT FOR ALL.**



Swannanoa School provides a range of sporting activities.

We aim to:

1. Support children to develop skills that enable them to participate confidently in sport.
2. Increase the availability and accessibility of sport opportunities for our students at Swannanoa School.

With the help of staff and community, we can provide a variety of sports and sporting events during the term. All students, parents and supporters are expected to adhere to the Swannanoa School Code of Conduct to ensure an enjoyable sporting experience for players, coaches and parents alike.

The school takes a very strong position of unacceptable conduct of parents on the sideline, whose actions can spoil the enjoyment for players and other parents.

SPORTS AND SCHOOL EVENTS (applies to all sports and physical activity at Swannanoa whether it takes place at school or outside of the school)

Code of Conduct Students:

1. Make sure you attend all training where possible.
2. A high standard of behaviour is expected from all students.
3. Unacceptable behaviour will disqualify a pupil from representing the school.
4. Parental permission for participation is required.
5. Always play by the rules and agree with an official or their decision whatever the circumstances.
6. Work hard to achieve the team goals.
7. Remember to thank your coach, the official and the opposition. Always be a good sport and applaud good play.
8. Do not put people down or bully them. The aim of the game is for everyone to have fun, participate and improve their skills.
9. Treat all players as you would like to be treated.
10. Respect the equipment.

Code of Conduct for Coaches and Managers:

1. Set personal behaviour standards for those you coach and for yourself to follow. Teach your players that the rules of the game on the field and standards off the field are mutual agreements that are not to be broken under any circumstances.
2. Avoid overplaying the talented players. All players need and deserve equal game time to ensure they feel they are participating and more game time will improve skills over time. It is important to play as a team and remember the parents of new or weaker players have paid the same fees as the more talented players.
3. A coach encompasses many roles. The overall role is that players need the coach to set a good example at all times.
4. Ensure all equipment and facilities meet safety standards and that activities used are both safe and effective for your players' needs.
5. Never forget that players participate for fun and enjoyment and that winning is only one component of why they participate.
6. Do not neglect planning and preparation for practices and games. Length and content of practices should take into account the maturity level of players.

Code of Conduct for Parents Spectators and Supporters:

1. Insist that your child plays within the rules and the principles of fair play
2. Condemn the use of violence and unsportsmanlike play in any form.
3. Players are involved in their chosen sport for their interests and enjoyment. You play a major part in their efforts but ensure that you respect that they are involved for their reasons and not as a spectacle for your enjoyment.
4. Turn defeat into victory by helping your child work towards skills development and good sportsmanship. Never ridicule, degrade or yell at any player for making a mistake.
5. Children learn the most from the examples you set. Always act positively and demonstrate self-discipline and even temperament on the sideline.
6. Always remember coaches are volunteers. Their time and efforts are for the benefit of your child.
7. Refrain from profane or abusive language or criticism of the coach or referee/umpire.
8. Anyone deemed to be abusive may be asked by officials to leave the ground immediately.
9. Show your appreciation of volunteers and those who help make sport happen. It is easy to criticise but not so easy to take up the challenge yourself.
10. Always support officials and coaches by accepting their decisions and judgements. Remember - No official, no coach, no game.
11. It is of vital importance that you play your part in removing verbal and physical abuse from your child's sporting environment.
12. Above all, act as a positive role model for your child and team. Always support the coach.