



Physical Education and Sports Policy

Introduction

Physical Education (PE) and Sport are terms which are often used together, but in reality, they are two very different activities.

Sport, by its definition, is competitive. Teams or individuals try to win in whatever activity they are taking part. It goes without saying that this should be done within all bounds of fair play, following the rules or laws of the game, and respecting both the opposition and the officials. Our sports philosophy is simple in that we want everyone to give their best, respect the rules, honour the game and enjoy themselves, whatever the level they are playing at. Rugby and hockey are the School's principal sports.

PE is different to sport, and needs to have different activities as it is the basis for preparation for a healthy life style. It is not meant to be a time where students prepare for internal or external sports events, although this will happen occasionally. Students should learn purposeful physical exercise, as well as learning skills appropriate to general game situations, such as throwing, catching, passing, kicking or striking, which can then be applied in different activities. PE is a part of the School curriculum, just like maths, science, art, Spanish or any other subject.

In summary, PE is what is done during the school day, and is to learn about what was stated above. Sport is extra-curricular. We hope as many students as possible wish to play and we will ensure all students are given a fair opportunity, but it is obvious that not all students will like every sport.

The value of PE and Sport

Organised sport grew from the British public (private) schools of the 19th century. As a school founded on British principles, sport is part of our heritage.

There are other reasons why The British Schools places emphasis on PE and sport.

- To ensure healthy physical development during the critical years of growth
- To encourage personal responsibility for one's own health and fitness, that will become lifelong.
- To develop motor skills.
- To generate team spirit.
- To accept responsibility when working alongside others
- To develop self-confidence, in overcoming the challenges, physical and mental, that PE and sport produce.
- To take delight in skilled performance, whether one's own or that of others.
- To understand and adopt the values of 'Fair Play', especially the respect for opponents and officials, and to develop tolerance when decisions appear to go against you.
- To celebrate victory and accept defeat with equal dignity.

- PE and sport both strengthen social and personal values that form character.

Organisation of PE and Sport

The Physical Education department will be co-ordinated by a Head of PE accountable to the School Heads. He or she will preside over the organisation of all curricular Physical Education programmes. The Head of Sport will develop, organize and monitor all sports offered at School at all levels and for all abilities.

Physical Education

The curricular physical education programme will enjoy the same status as all other subjects taught in terms of timetable hours, ratio of students to teachers, and regular evaluation of performance (both students and teachers).

Students should be offered a wide range of different physical activities, and every child has a chance to participate at his or her own level. This is that every child may find some activity which will provide pleasure, a sense of achievement and for some the chance to pursue excellence.

The objective is to that students will go on to enjoy the widest possible choice of physical activity in their adult life.

Sport

Sport is about competition. However, we understand that it is possible to play sport at different levels, and sometimes sport is played more for recreation and the result is less important. The British Schools understands the difference between, and the importance of, sport at a high level where teams are trying to win, and sport played at a level where recreation and fun take a higher importance. This will be especially true with younger children.

We believe in healthy, but not exaggerated competitiveness. Cheating and violent conduct will not be tolerated, and will be punished and not rewarded on the sports field. Any student who behaves badly, whether they receive a red card or not, could face a disciplinary sanction from the School. Our students are expected to be generous and dignified in victory and defeat. Our coaches, teachers and parents are expected to support these policies without reservation.

During their years in Junior, all students should participate in team games on at least a monthly basis. In Senior it is the intention that this practice should continue.

Respect for the referee, opponents and rules of the game is an essential part of sport. All coaches must enforce this respect among their teams.

Selection criteria for sports teams

Students who do not come to practices cannot expect to play in matches. If there is a genuine reason why they could not attend the practice, and the student has let the coach know why, then it is the coach's decision on whether they participate in the match or not.

We see a difference between tournaments, festivals, competitive league games and friendly matches. These are defined as follows:

- A tournament is a competitive occasion in which one team will be declared the winner.
- A festival is a tournament but where there is no winner (these will generally take place for younger students).

- A competitive league game is when the School competes in a league over the course of a season.
- A friendly is when we play other schools or clubs but is not part of an organised league.

For tournaments (including tournaments which are part of tours) and league games The British Schools will play its strongest sides and attempt to win the tournament or league. If it is possible to give all of the squad members playing time, this will be done, but not at the risk of not trying to win the tournament. This includes all teams entered in tournaments, not just the A teams.

For festivals and friendlies, The British Schools will give all members of the team or squad playing time.

In Junior, teams are not selected for ability levels, but are of mixed ability. When the students pass to Senior, teams gradually evolve into A teams and B or C teams picked on ability.

It is a The British Schools policy that students will play in their relevant age categories, unless there are exceptional circumstances which will be decided by the Head of Sport in conjunction with the Principal.

In Senior, students will not be pre-selected into an A or B team at the beginning of the season. There are two exceptions:

- In hockey, where due to Federation rules, the School must submit the list of names of each team at the beginning of the season. These teams can be reviewed in July, but a girl can only move from a B team to an A team, not from the A team to a lower team.
- In football, the U13 and U14 teams must submit a list of names to the LID, which we call British Green and British Yellow. These teams can be reviewed in July.

Uniform and protective sport equipment

All students must wear the correct uniform when representing the School. For boys, this is the School football or rugby shirt, white shorts and plain green socks. For girls, it is the School hockey or handball shirt, green skirt or white shorts and green socks with the yellow bands. If a student is not wearing the correct uniform, they will not be allowed to play.

Wearing a mouth guard for rugby is not compulsory by the laws of the game, but it is compulsory in Junior. We encourage and recommend that all players in Senior continue to wear one.

In addition, students might wish to consider helmets for rugby.

Wearing shin pads for football is compulsory, and any students not wearing them will not be allowed to play.

Wearing shin pads and mouth guards for hockey is compulsory, and any students not wearing them will not be allowed to play.

The rules for mouth guards and shin pads for all sports apply to both practices and matches.

In other sports not stated, students should wear their PE uniform.

Parental Support

We encourage parents to come and support their children. It goes without saying that we expect parents to follow the same standards of behaviour as we expect from our students and coaches. We expect them to help create the climate of respect necessary for their children to learn the positive value of sport.

Commitment to the School

The Mission Statement states that we wish to instill a 'deep rooted pride and affection' for the School'.

By enrolling at the School, a student's obligation is to play for their School and not a club. This helps them get to know their fellow students and integrates them fully in the School.

This is part of the admissions agreement when a student enters the School.

If a student chooses to play for a club in an attempt to become a professional player, then they must understand that they will not be selected for the School at that sport if they do not attend regular School practices. If they took the place in a match of someone who trains regularly, that would be unfair on the member of the team who practices regularly.

When a student practices a sport that is not offered by the School, then it is understandable they represent the club.

Tours and trips

Opportunities will be available to travel both within the country and abroad to perform against other schools. It should be noted, that some tours are aimed at mass participation, while in others the teams will be selected on ability. This will normally mean a limited number of places, in which the coaches of that team select the players based on the criteria of this policy document.

On all trips, those for the day and longer, all the normal School rules apply.

House system

At both Junior and Senior levels, the Houses system will be used to encourage sporting competition. It is possible that house competitions in sports outside of the main games, might take place.

Examinations of the University of Cambridge and International Baccalaureate Organisation. Member of Council of International Schools.

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