

The British Schools

Policy on physical education and sports.

All schools should offer instruction in physical education and sports at all levels:

- to develop motor skills
- to encourage personal responsibility for one's own health and fitness
- to develop a sense of self-esteem
- to generate team spirit and collective discipline
- to take delight in skilled performance, whether one's own or that of others
- to ensure healthy physical development during the critical years of growth of all children

This concern is shared by the national and international systems of education by which The British Schools are accredited.

With these basic concepts in mind it is the intention of the Board of Governors to provide guidelines within which physical education programmes and extracurricular sports must be carried out. This document outlines first the basic principles upon which all decisions should be based in regard to physical education and sports as practised by The British Schools. Subsequently, more objective guidelines are detailed for the day to day decisions undertaken by the Heads of the Schools and the Head of the Physical Education Department.

Enrolment with the British Schools implies that students will aspire to represent their school in their chosen sport(s). In circumstances where School and club fixtures might clash the School expects that representation of the School takes precedence. That is, in the age categories in which the School presents representative teams, it is the expectation that selected students will represent the School. In cases where a student joins the School and is already representing a sporting club, it is the presumption that, over the course of the first year in the School, he or she will cease to represent the club and seek to represent the School. If, during this "transitional year" the club of the new students competes with the School, it is the strong suggestion of the School that the student not participate in this/these match(es).

Basic Principles

- The Schools follow the British educational traditions:
 - recreational and competitive sports is offered to all students
 - the Schools will have first call on the time and loyalty of its student athletes with respect to other teams the students may play in
- Students should be offered a wide range of different physical activities
 - so that every child has a chance to participate at his or her own level
 - so that every child may find some activity which will provide pleasure, a sense of achievement and the chance to pursue excellence
 - so that students will go on to enjoy the widest possible choice in their adult life
- In the right conditions and with the right leadership, sport can strengthen those social and personal values which will make students happy and worthwhile citizens. The Schools aim to ensure that such conditions exist.
- Sport is, among other things, a channel for the release of energy and aggression. We believe in healthy but not exaggerated competitiveness. Cheating and violence will be punished and not rewarded on the sports field. Our students will be generous and dignified in victory and defeat. Our coaches, teachers and parents are expected to support these policies wholeheartedly.

- The Schools should be represented by skillful, enthusiastic and ambitious teams. This is particularly true in the Schools flagship sports: Hockey and Rugby.
- As many students as possible should gain pride in themselves and the schools by representing us at some level in some form of sport.
- Opportunities will be available to travel both within the country and abroad to perform against other schools.

Guidelines to be followed in all decisions regarding Physical Education and Sports.

1. All students will be offered substantially more opportunities to participate in physical education and sporting programmes than the minimum stipulated by the national and international programmes followed.
2. There will be a **minimum** level of participation in these programmes for **all** students that will vary depending on the level within the school system.
3. The degree of choice and specialisation will increase as the student progresses through the school but at all levels will be subject to minimum requirements that will be established and published. As a guide the following principles should be adhered to:
 - The Schools will have two flagship sports, Hockey for girls and Rugby for boys.
 - The Schools will also field teams and provide the facilities for other sports such as Football, Basketball, Volleyball and Handball for both girls and boys.
 - Three or four different team sports will be taught progressively in the Junior School, giving preference to the flagship sports.
 - During their years in the Junior School, all students should participate in intra and interscholastic team games on at least a monthly basis. In the Senior School it is intended that this practice should continue. However it is understood that as the student progresses through the Senior School and allowed greater degrees of choice the obligation to participate in regular team competition will be diluted. Nevertheless at all levels regular team competition must be offered to all those wishing to participate in them.
 - At both Junior and Senior School levels, the Houses system will be revitalised to encourage intra-scholastic competition.
 - At the Senior School level, encourage participation in the flagship sports through a system of incentives. However alternative sports must always be available and encouraged in those students who cannot form part of flagship teams. Individual sports will be encouraged at this level together with team sports.
 - Students of 4th, 5th and 6th will be offered alternatives such as aerobics, gymnastics, basketball, handball, etc.
4. The curricular physical education programmed 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).
5. Within the wide range of possible choices in sports, priority will be given to team sports over individual sports, in the belief that the former are a better means of fomenting team spirit and a sense of pride in the school.
6. In the event of conflict between academic and sporting requirements, the former will take priority.
7. Curricular Physical Education must be taught by certified teachers of the subject. Coaches however need not be certified. Nevertheless the Schools will strongly encourage the certification of coaches as well as make every effort to recruit new coaches that are also certified teachers.
8. Coaches will be recruited based not only on their ability as coaches but also on their personal ethics and suitability to work with children.
9. The Physical Education department will be co-ordinated by a Head of Department accountable to the School Heads and Principal. He or she will preside over the organisation of all curricular Physical Education programmes and extracurricular sports. The Head of Department will have the facilities and personnel with which to carry out the administrative tasks inherent to the position with the help of the school administrator. As with all other department heads, he or she will evaluate the performance of Physical Education teachers and coaches on an annual basis at minimum and encourage their further professional education.
10. Coaches of all teams will report and be responsible to the Head of Department.

11. The Schools will provide and maintain excellent sports facilities for both the flagship sports as well as other sports.
12. All travel which implies at least one overnight stay by teams representing the Schools will be carefully reviewed in terms of ages of players, maturity, academic performance, cost, destination and objectives. In particular, very careful consideration will be given to the inclusion of children that are more than one year younger than the average age of the team. In all such cases the Head of Department will consult with the Schools Heads.
13. The Schools will promote and use its influence among the other schools with which it competes to establish the practice of having different seasons for sports.

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The Board of Governors