

## Extra-Curricular Sporting Activities – Recommendations



### Rationale/Context:

Active participation in sport contributes richly to the experience that students gain during their time in school. Engagement in sport contributes to their physical, spiritual, mental, social and emotional development.

It is hoped that engagement with and participation in sport in school creates an interest in health and fitness. This leads to life-long engagement and participation with sport and exercise and enhances overall wellbeing.

Sport in school fosters a sense of identity, togetherness and focus for many students. It builds on connections, ferments friendships, encourages teamwork and a promotes a sense of belonging. It affords students the opportunity to develop social, organisational and leadership skills while creating unique memories.

Moate CS believe the provision of sport is an integral part of our school identity and is part of our schools' rich identity and tradition.

### Aim of Sport in our school:

- 1) To create opportunities for all students to engage in a wide range of both competitive and non-competitive sports and activities.
- 2) To create a diverse and varied programme of sport to enrich students time in MCS.
- 3) To develop fitness and sport specific skills so that participation is enjoyable and successful.
- 4) To develop an awareness and understanding of the elements of team play and good sportsmanship while encouraging cooperative social relationships in small and large group.
- 5) To develop sport a key component of our school's identity which enhances positive behaviour and academic success.

### **Students absent from class due to Sport:**

It is inevitable and unavoidable that most sporting events take place during school hours to compete in competitions. The responsibility is on the student to ensure they plan, so there is minimum disruption to learning and academic progress due to any sporting activity.

Where a teacher is concerned with a student's multiple absences due to a numbers of sporting engagements and incomplete work or a decline in results, the class teacher should communicate their concern with the Year head.

### **Parent Responsibility:**

- Be aware of what sporting activities their son/daughter is partaking in.
- Be familiar with their timetable and what classes they are missing on a given day due to a sporting activity- timetable is on TYRO for all parents.
- Encourage son/daughter to catch up on work missed and home-work assigned throughout the day.
- Monitor results in class tests and Semester exams – use the school journal and reports.
- If any concerns exist regarding their son's/daughter's progress- speak with the Year Head.

### **Student Responsibility:**

- Inform the teacher (if possible) prior to the event that they will be missing class.
- Check MS Teams or Onenote for work that was missed.
- Check with a classmate what work was completed and homework assigned while absent.

### **Coach Responsibility:**

- Ensure TYRO is updated with the activity and absent students on the day of the event.
- If feasible – avoid the same team repeatedly absent on the same day of the week. If possible, rotate games between Monday – Friday. This reduces the probability of students missing the same classes.

### **Recommended engagement in Sporting Activities:**

While it is difficult to limit engagement in sporting activities due to the multiple benefits., there are years where engagement and sporting activities needs to be carefully monitored. This ensures that a student does not fall behind in their academic work, performance and grades due to over involvement in sporting activities.

### List of Recommendations:

**1<sup>st</sup> Year: unlimited** – it is recommended that first years should be allowed to engage in any sporting activities they wish to. This allows pupils to try new sports as well as enabling them to meet new friends and assisting them to settle into Secondary school. The teacher should monitor progress and if repeated absences are hindering progress, the teacher needs to speak with the year head who will contact parents regarding the same. Continuous monitoring of results achieved in each Semester examinations will also help with this progress.

**2<sup>nd</sup> Year: 3 Sports Maximum** – Students can engage in 3 sports while continuous monitoring of student's absences and grades for each of the first two Semesters is maintained by the teacher and Year Head.

**3<sup>rd</sup> Year: 2 Sports Maximum-** Students can engage in 2 sports while continuous monitoring of student's absences and grades for each of the first two Semesters is maintained by the teacher and Year Head.

**TY: unlimited** - It is believed that in Transition Year students should be allowed to engage in as many sporting activities as possible.

**5<sup>th</sup> Year: 2 Sports Maximum-** Students can engage in 2 sports while continuous monitoring of student's absences and grades for each of the first two Semesters is maintained by the teacher and Year Head.

**6<sup>th</sup> Year: 2 Sports Maximum** - Students can engage in 2 sports while continuous monitoring of student's absences and grades for each of the first two Semesters is maintained by the teacher and Year Head.

**Signed:**

**Review Date:** \_\_\_\_\_