

School Sport Unit



Annual Report 2022

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School Sport Unit
Arts, Sport and Initiatives Directorate
Student Support and Specialist Programs
School Performance North

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Leader's message

I am delighted to share and celebrate the achievements of the School Sport Unit for 2022. Even with the challenges of COVID-19 and the extreme weather conditions that affected large areas of the state throughout the year, the School Sport Unit was able to facilitate a remarkable array of opportunities for public school students in NSW.

I wish to acknowledge and thank principals and school staff who have actively supported our programs throughout the year. I commend the dedication, passion and commitment you and your staff have shown in support of students to meet the mandatory requirement of physical activity, whether through swimming and water safety, increased participation in physical activity or via the Representative School Sport Pathway.

The NSW public education system, as one of the largest in the world, with more than 800,000 students in over 2,200 schools and over 94,000 teachers and staff, has a vital role to play in the general health of the community. The link between wellbeing and physical activity is undeniable and is supported by research. Our work has never been more important as our students reconnect with friends in schools and with the broader community through physical activity, through opportunities that have been missed by us all over the last couple of years.

I thank Leanne Nixon, Deputy Secretary School Performance North, Dr Sylvia Corish, Executive Director, Student Support and Specialist Programs and Jordi Austin, Director, Arts, Sport and Initiatives for their strong support and advocacy of our programs.

I am incredibly proud of the School Sport Unit staff and all that has been accomplished this year through their remarkable work ethic and attention to detail. I encourage you to read the School Sport Unit Annual Report, which showcases highlights of the year and includes program-specific achievements.



Peter Banks

Leader, School Sport Unit

About us

The School Sport Unit provides carefully planned, adaptable and enjoyable physical activity experiences for all students in NSW public schools.

These programs are encouraged by caring principals and delivered by highly-skilled, motivated teachers who positively shape young people to become engaged in their communities and to lead happy and rewarding lives through a lifelong connection to sport and physical activity.

The School Sport Unit is part of the Student Support and Specialist Programs Directorate within School Performance North in the NSW Department of Education and must meet performance objectives, compliance and all regulations required of a government agency.

Our vision

As part of Student Support and Specialist Programs Directorate, the School Sport Unit empowers students to learn and flourish through access to high-quality specialised support and opportunities, based upon respectful collaboration and trusted partnerships.

Our purpose

The School Sport Unit will leverage from a position of strength to deepen engagement with students, staff, schools and communities across the state and to support improved outcomes in sport and physical activity through our programs.

Our goal

Our goal is to ensure every student is given opportunities by highly-skilled, motivated teachers that positively shape them to become engaged in their communities and to lead happy, rewarding lives through a lifelong connection to sport and physical activity.

Our values



Growth

Harness innovation and integrate evidence to ensure:

- excellence in processes, delivery and outcomes for all programs and events
- the provision of quality professional learning and resources for all staff across the Department.

Connection

Advocate for all staff and students by:

- collaborating within and across the Department, other agencies and community to enhance all programs and events
- valuing student voice and agency in evaluating perspectives and guiding development.



Inclusion

Promote and empower diversity through:

- participation, choice and breadth of opportunity for individuals across all public schools
- investment in programs, events and resources for inclusion.



School Sport Unit impact

1,464
Classes/teams

28,702
Participants

2,575,000
Kilometres travelled

 **In Race
Around
Australia**

358,400+



**Livestreaming
views**



106,000
Students from
1,300
Schools

**Enrolled in the School
Swimming and Water
Safety program**



42,000+
Website users

2,900,000
Page views

94,000

**Views of the
Sport education
teaching
resource**



18,500+

**Page views of the
Sport safety
guidelines**

 **10,620**
Followers on
Facebook

 **11,560**
Members of
Yammer community



800+

**State Championships and
Association trials held**

393,612
Students

11,343
Staff

2,000+
Students

750
School staff



**Participated in
opportunities for students
with disability**

2,500+



Teachers

**Participated in
professional
learning**

1,375

**Schools and department
offices**

**Participated in the PSC
10 week Challenge**

Programs and support

Our programs are research-informed, evidence-based and reflective of current best practice. As a result, schools are supported to work towards achieving the Department of Education's goal to ensure all students are engaged and challenged to continue to learn, and every student, every teacher, every leader and every school improves every year.



School Swimming and Water Safety

What works best

Students are supported in learning water safety and survival skills as well as competitive strokes. During the 10-day program, the qualified school swim teachers embed the themes of the 'What works best' document throughout the teaching and learning program.

Wellbeing framework

Students are empowered to make safe choices in, on and around water. Students are provided with opportunities to succeed and celebrate their learning achievements in a positive learning environment.

Personal Development Health and Physical Education K – 10 syllabus

The School Sport Unit identified that it was imperative for students to learn key water safety measures. A series of learning sequences with engaging animations and learning tasks was created for schools to deliver multiple water safety messages in the classroom and remotely. These sequences addressed outcomes, inquiry questions, content and skills from the PDHPE syllabus.



Teacher resource hub

School Excellence Framework

The 'Interconnection between physical activity and wellbeing in schools' professional learning presentation supports schools in creating a strategic and planned approach to developing whole-school wellbeing processes that support the wellbeing of all students so they can connect, succeed, thrive and learn. Through the situational analysis process, looking inward, outward and forward, schools that complete the School Health Check training are supported to pursue excellence in the wellbeing themes of this Framework.

What works best

Thinking while Moving (TwM) professional learning workshops and e-learning courses support teachers in delivering evidence-based teaching practices that are proven to improve student engagement and learning outcomes. TwM reflects the themes of classroom management, wellbeing, explicit teaching and feedback from 'What works best'.

NSW Syllabi (English, mathematics, PDHPE)

TwM allows teachers to support students in achieving English and mathematics outcomes while participating in physical activity.

Sport and Physical Activity Policy and PDHPE syllabus

The professional learning workshops and eLearning courses support schools in meeting the requirements of the Department of Education's Sport and Physical Activity Policy to plan and deliver high-quality, safe sport and physical activity programs that address Movement Skills and Performance outcomes.

Wellbeing framework

Physical activity is associated with a wide range of benefits from infancy to old age. Health benefits at a young age include favourable skeletal development and improved physical and psychological wellbeing. The teacher professional learning courses offered by the School Sport Unit, support teachers in creating quality learning opportunities in sport and physical activity to enable children and young people to connect, succeed and thrive.



Policy and guidelines

Sport and Physical Activity Policy

Schools are provided with the requirements related to mandatory weekly participation in sport and physical activity that allow students to lead a healthy and active school-life. The policy supports teachers and school leaders in the planning and delivery of high-quality, safe sport and physical activity.

Programs and support



Policy and guidelines

Wellbeing framework

The Wellbeing Framework for schools states that physical wellbeing is associated with the extent to which we feel physically safe and healthy. The policy and guidelines provided by the School Sport Unit support school leaders and teachers to create an enabling school environment that is a safe and healthy place for students.

Sport safety guidelines and Requirements for all sport and physical activity

These documents assist schools in developing appropriate risk assessments for sport and physical activity to ensure students are provided with high-quality programs in a safe and supportive learning environment.



Representative School Sport Pathway

Personal Development Health and Physical Education K – 10 syllabus

Students are supported to develop their talent, self-management (S), interpersonal (I) and movement (M) skills through this pathway.

High potential and gifted education policy

Students are provided with enriched and advanced learning opportunities to extend high performing, high potential and gifted students beyond their current level of mastery to reach their full potential in the physical domain.



NSW Premier's Sporting Challenge (PSC)

Wellbeing framework

Schools are supported to create teaching and learning environments in sport and physical activity that enable students to be healthy, happy, engaged and successful. Students are provided with an opportunity to connect and succeed.

Personal Development Health and Physical Education K – 10 syllabus

The 10 week Challenge and Race Around Australia allow teachers to participate in fun and challenging activities that address PDHPE outcomes in the healthy, safe and active lifestyles strand.

Physical Activity and Sports Studies course

The PSC Leadership Program supports public schools in developing leadership opportunities for students through sport and physical activity. The Leadership Program also provides opportunities for Stage 5 and 6 students to achieve learning outcomes in the Sport, Lifestyle and Recreation course and Physical Activity and Sports Studies course.

Sport, Lifestyle and Recreation course



Disability and participation

Disability Strategy a living document

Students involved in our disability and participation programs are known, valued and cared for. Students with disability:

- enjoy a wide range of experiences
- learn to their fullest capability
- achieve demonstrable learning, wellbeing and independence outcomes, in a safe, supportive and healthy environment
- receive an excellent physical education, with expertise available to support access to sport and physical activity in a way that is relevant to them
- build friendships, interact with other students, and feel a sense of belonging.

Personal Development Health and Physical Education K – 10 syllabus

Adjustments are made to the teaching and learning program in the Multi-Sport days to enable students with a range of abilities to access syllabus outcomes/content and demonstrate achievement of these outcomes.

Wellbeing framework

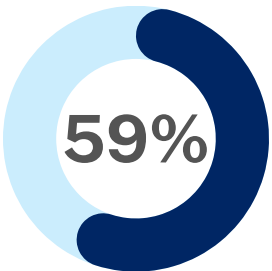
Students are provided with an opportunity to connect, succeed and thrive in sport and physical activity.

Media coverage

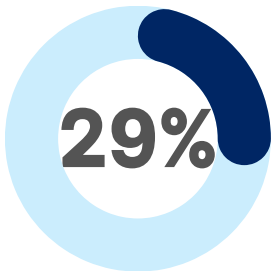
The success of School Sport Unit events and the positive experiences they provide to NSW students were highlighted in prime time news coverage and printed articles throughout 2022.

School Sport Unit events and programs were reported on by media units from all areas of the state, from Broken Hill in the West, Albury in the South, to Baradine in the North West. The range of regions reporting on School Sport Unit programs and events highlights the School Sport Unit's commitment to supporting rural and remote schools.

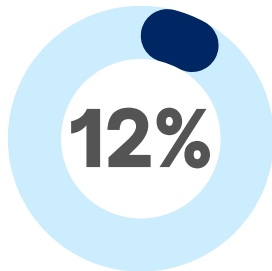
In 2022, there were over 60 news stories reporting on School Sport Unit programs. The range of news stories and broadcasts can be viewed on the [Media coverage page](#) of the [School Sport Unit website](#).



School Sport Unit events reported in printed news articles.



School Sport Unit events featured in prime time news broadcasts.



Reports on School Sport Unit events broadcast on social media.

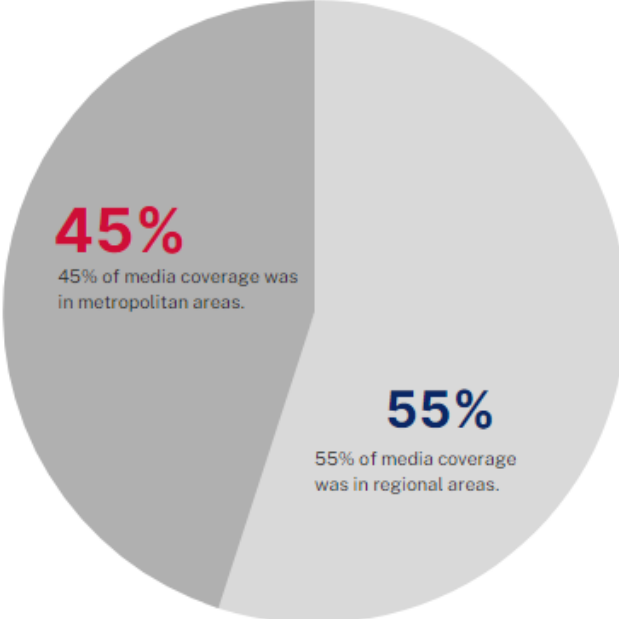


Figure 1: Percentage of media coverage in regional and metropolitan areas.



NWSSA girls improve at state champs
The North West side showed improvement during the State Championship tournament last week and were pleased with their performances across the three days. Photo: Sarah Gordon.



Carnival a roaring success
The carnival was a roaring success for the school sports unit, with many students participating in various events and enjoying the day. Photo: [Name].



es keep rising to great heights
The Stars senior athletes are now putting back into the sport by doing their coaches proud. Photo: [Name].



Undeclared Hunter secure state crown
The Hunter region's netball team has secured the state crown after a hard-fought final. Photo: [Name].



Representative School Sport Pathway

The Representative School Sport Pathway (RSSP) provides opportunities for students in all NSW schools to participate and compete in sports. The RSSP is the longest-running educational sports program in NSW, being available to students in schools for 133 years.

The pathway provides opportunities for students to progress through levels from school to district/zone, Association, state, then on to national and international competitions. Over 100 championships and trials across 28 sports occur annually throughout NSW.

Throughout the first semester of 2022, the RSSP calendar of events was met with significant operational challenges due to COVID-19 and inclement weather. All School Sport Association (SSA) staff and volunteer teachers who contributed to this year's program are to be commended for their efforts. The staffing challenges that schools faced through the impact of the pandemic and the constant re-scheduling of events due to weather conditions, saw 2022 as one of the most difficult years in history to maintain smooth operations.

The passion, dedication and commitment to the students from all the staff who were involved in the planning and facilitation of representative sporting opportunities, ensured that they ran smoothly and as planned.

The impact of extreme weather conditions meant that only three State Championship events did not go ahead as planned. Two events were able to be conducted as trials, however, the third event was cancelled.

The RSSP team looks forward to hosting another successful calendar of events in 2023.

700,000
students

Provided representative sporting opportunities across NSW

65

Events hosted across NSW

1,100+

Principals, executive and teacher volunteers

22

Events livestreamed

358,400

Live stream views

1,000+
teachers

Participated in Championship PL

Representative School Sport Pathway

Program achievements



All Schools Primary Girls' Australian Football team selected to represent NSW at the inaugural School Sport Australia Girls' 12 Years and Under Australian Football Championship in Adelaide.

Association-hosted combined events for boys' and girls' State Championships were held at the same location at both primary and secondary level across six sports.



Inaugural Magic Week in Tamworth hosted by NSWPSA and North West School Sport Association with a combined Boys' and Girls' Basketball and Hockey State Championships, providing a significant financial boost to the regional community.



Live streaming of 22 State Championship events engaged 358,400 views by an audience of families from regional, rural and remote areas of NSW, families with busy work schedules and teachers and students in schools.



Collaboration with the Centre for Education Statistics and Evaluation (CESE) to design review processes for the Representative School Sport Pathway for implementation in 2023.



Sydney East and Sydney South West School Sport Associations introduced two new primary zones to cater for the increase in population and focus on creating more opportunities for students in representative school sport.

Associations and highlights

Students aged 8 to 19 years from public schools are provided with the opportunity to compete and progress through the Representative School Sport Pathway. All School Sport Associations work to support local programs, pathway events and activities. The pieces called out in the points below highlight key achievements and innovative work performed by each association in 2022.

Riverina School Sport Association

- Implemented a strategic focus to subsidise the costs for students accessing representative opportunities. This included the provision of trial opportunities at zero cost.
- Increased online presence to streamline processes for student registrations and teacher nominations for office bearer positions.
- Successfully held the Riverina Primary Athletics Championship, which had the highest participant involvement and spectator attendance on record.

179
schools



22,401
students



North West School Sport Association

151
schools



17,987
students



- Hosted a combined NSWPSA Boys' and Girls' Basketball and Hockey Championship event in Tamworth. This was an inaugural event that attracted 670 students and involved 80 teachers in the organisation and facilitation of the event. The positive feedback and success of the event have confirmed the desire to combine different sports and hold similar events in the future.
- Continued the strategic implementation of a digital registration system to support stakeholder engagement within the Association. This included an online registration system for students selected in teams as well as for teachers nominated for office bearer positions.
- Implemented a targeted approach to offer more representative opportunities and encourage higher levels of participation of students with disability within the Association, including appointing primary and secondary Multi-Class Conveners to support schools and families through the process of gaining classification to compete and also to support students participating at Association major championships.

Western School Sport Association

- Continued to develop digital processes to streamline Association business. This included the implementation of an online registration system for students selected to represent in Association teams.
- Successfully hosted a combined Boys' and Girls' NSWCHSSA Secondary Football Championship. This strategic approach brought a football community of students and families from across the state to a high-quality facility in Bathurst. The championship received positive feedback, with the format being implemented again for 2023.
- Secondary Girls' Squash team won the gold medal at the NSWCHSSA Secondary State Championship.

192
schools

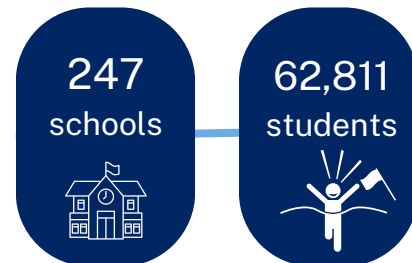


27,403
students

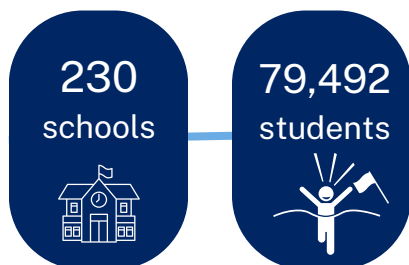


Hunter School Sport Association

- Implemented a strategic focus to increase opportunities for teachers undertaking roles in the RSSP. The appointment of assistant conveners and team managers provided a platform for developing confidence and capacity through mentoring and support.
- Successful implementation of multiple sporting initiatives designed to increase student interest and engagement in representative sport. These included competitions in five-a-side football, golf and touch football.
- Won seven state championships – NSWCHSSA Boys’ Australian Football, NSWCHSSA Boys’ Cricket, NSWCHSSA Boys’ Hockey and NSWCHSSA Boys’ Tennis, NSWPSSA Boys’ Touch Football, NSWPSSA Netball and NSWPSSA 12 Years Rugby League.



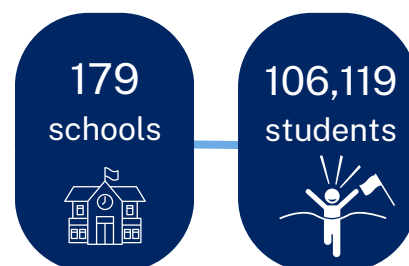
Sydney East School Sport Association



- Sydney East School Sport Association provided a wide range of representative school sporting opportunities for 1,710 students, despite the challenges presented by COVID-19 throughout 2022. These opportunities were supported by enthusiastic teachers from the Association’s affiliated zones, who undertook various volunteer roles.
- Coordinated a series of zone forums for teachers undertaking roles in the RSSP. This allowed teachers to share ideas and problem solve issues relating to the challenges faced by conducting weekly school and zone sport.
- Introduced a new primary zone named Inner West Primary School Sport Association. This initiative allowed 3,198 students from 12 schools to have more direct access to Association programs and the RSSP.

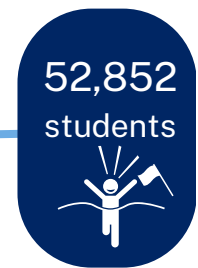
Sydney North School Sport Association

- Worked collaboratively with Sydney West School Sport Association to conduct a combined Secondary Athletics Championship. Teachers and students from both Associations worked and competed together in a strategic attempt for teachers to share professional experience, resources and create a wider competitive community for students. This was the first time in the history of representative school sport that that these two Associations have combined to deliver a major championship which was extremely well received by all involved.
- Sydney North School Sport Association became the first Sydney-based School Sport Association to win the gold medal at the NSWCHSSA Secondary Bowls Championship.
- Successfully co-hosted a combined Boys’ and Girls’ NSWPSSA Touch Football Championship. This event was held in Tuggerah on the Central Coast and involved 26 teams and 400 students from the various School Sport Associations across the state. This format received positive feedback and will be run in this format again in 2023.



South Coast School Sport Association

- Facilitated a professional learning day for representatives from each South Coast district/zone. This was a collaborative opportunity for these teachers to share ideas regarding event/competition planning, risk management and using communication channels with stakeholder groups. Participants were also presented with up-to-date information relating to policy/guidelines and provision of sport and physical activity resources.
- Facilitated an inaugural Beach Volleyball competition for South Coast secondary schools at Mollymook Beach. There were 462 students from 28 secondary schools that attended the event, which received positive feedback and was deemed highly successful. This Association initiative event will occur again in 2023.
- Supported South Coast schools to achieve success in the NSW Primary Schools Sports Association (NSWPSSA) Knockout and NSW Combined High Schools Sports Association (NSWCHSSA) State-wide competitions. There were nine South Coast primary and secondary schools that won competitions across various sports.



Sydney West School Sport Association

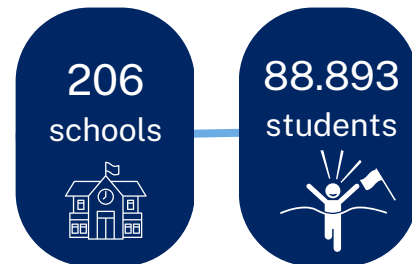


- Sydney West School Sport Association conducted the Primary Cross Country Championship at the Sydney Equestrian Centre with Sydney South West School Sport Association. The Association also combined with Sydney North School Sport Association to hold the Secondary Athletics Championships at Sydney Athletic Centre. This strategic approach allowed teachers from both Associations to work collectively and share resources to conduct these championships.
- The Secondary Boys' Football team won the gold medal at the NSWCHSSA State Championship. Seven of these players were subsequently selected for the U19 Australian School Boys' team at the School Sport Australia Championship.
- Streamlined Association branding designs on items including apparel, event signage and reporting documentation. This strategy was implemented to enhance the presentation of the Association's image to stakeholders from both within and outside the department.

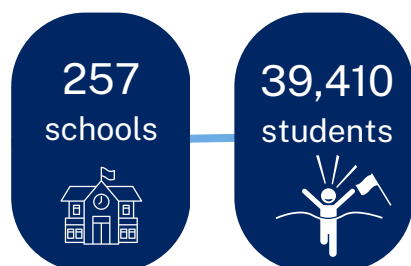


Sydney South West School Sport Association

- Conducted primary and secondary zone forums to provide targeted professional learning opportunities for teachers who undertake roles within the RSSP. This strategy was implemented to assist in enhancing technical knowledge for teachers in the provision of high potential and gifted educational sport and physical activity programs.
- Successfully introduced a new primary zone to address population growth in the Macarthur area. The introduction of Macarthur Primary Zone has increased opportunities for students by allowing greater student access to Association programs. The Association is also working closely with secondary zones in the area to assess the suitability of implementing the same approach for secondary schools in the near future.
- Increased opportunities for students with disability by appointing an Association Multi-Class Convener. The new convener worked closely with the existing Multi-Class Liaison Officer to identify more opportunities for students with disability. This led to more students achieving outstanding results at Association, state and national level competitions during 2022. Two of these students were also recognised through the achievement of major Association awards.

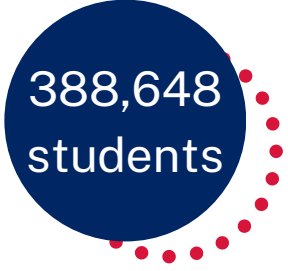


North Coast School Sport Association



- Worked closely with the local Traditional Aboriginal Landowners and specifically, a Bundjalung artist, to produce Association artwork that represents the land and waterways of the North Coast area. This process was undertaken to assist in creating a stronger sense of cultural connection between the student athletes of North Coast schools and the Aboriginal community and land on which they participate in sporting opportunities.
- Continued to develop online processes to streamline Association business and enhance digital record keeping. This included the implementation of an online registration system for students selected to represent in Association teams.
- Provided North Coast teachers with a professional learning opportunity regarding the inclusion and engagement of students with disability in sport and physical activity. The School Sport Unit (SSU) Disability and Inclusion Officers presented two engaging workshops that highlighted the School Sport Unit website resources, representative school sport processes and other opportunities available to teachers and students.

NSW Primary Schools Sports Association (NSWPSSA)



388,648
students

- Collaborated with School Sports Associations around the state to host 22 state championships and trials across 15 sports. This resulted in over 600 students being selected to represent NSWPSSA at School Sport Australia Championships.
- Implemented a strategy to combine Boys' and Girls' State Championships across three different sports. The NSWPSSA collaborated with other School Sport Associations around the state to deliver combined Boys' and Girls' Touch Football, Basketball and Hockey. Basketball and Hockey were inaugural as a combined super event in Tamworth, called 'Magic Week'. These events brought together large numbers of students, teachers and families from across the state and received extremely positive feedback, with similar formats being considered in the planning of events for 2023. The events also attracted a much-needed financial boost to the local host communities.
- Facilitated 18 primary school state-wide Knockout Competitions across 12 sports. The competitions were highly successful with 583 schools entering 3921 teams. The largest competitions were Netball with 493 teams and Boys' Football with 486 teams. Schools can learn more about Knockouts on the [School Sport Unit website](#).

NSW Combined High Schools Sport Association (NSWCHSSA)

- Successfully re-introduced the hosting of School Sport Australia Championships across four sports. These championships attracted students, teachers and families to Sydney from each member state and territory from across the country (Baseball, Football), Albury (Australian Football and Wagga Wagga (Touch Football). These events were highly successful and resulted in a significant financial injection into the host regional communities.
- Increased digital processes for student award nominations and recognition of student achievement. Conveners were provided with an online platform for nominating students for NSWCHSSA Blue Awards. The Association also developed a digital honour roll that recognised the 2021 Blue Award recipients who could not be awarded through a formal ceremony due the restrictions imposed by COVID-19.
- Introduced Aboriginal culture immersion activities for students to enhance the educational experience during School Sport Australia events hosted by NSW. These activities involved a Welcome to Country and/or Acknowledgement of Country at each event performed by Traditional Owners, visiting an Indigenous Cultural and Environmental Discovery Centre, eating traditional Aboriginal food, and playing traditional Aboriginal games.



324,528
students

NSW All Schools

The NSW All Schools comprises students and teams representative of the NSW Department of Education, NSW Combined Independent Schools and Catholic Schools NSW. NSW All Schools is responsible for selecting fully representative NSW teams to participate in School Sport Australia competitions. The NSWCHSSA administers the NSW All Schools teams that compete at School Sport Australia Championships.

Everyday resilience

Representative School Sport Pathway



The Department of Education through the School Sport Unit delivers the Representative School Sport Pathway (RSSP) to support students in reaching their potential in sport. The volunteer teachers in the RSSP boost the everyday resilience of students by employing the strategies below:

Addressing fear of failure

Teachers help students develop effective coping strategies, such as identifying negative emotions, engaging in positive self-talk and scaffolding preparation for high-pressure situations.

Developing courageous and constructive response to failure

Teachers support students by reconceptualising failure as part of the learning process.

Emphasising growth

RSSP teachers promote growth orientation in their students by adopting learning strategies focused on growth, such as encouraging students to set effective growth goals and teaching them the steps involved in working towards these goals.

Communicating high expectations

Teachers communicate high expectations by providing achievable but challenging learning activities and resources targeted to students' specific needs, by encouraging participation and by emphasising how effort has contributed to previous improvement.

Providing specific and consistent feedback

RSSP teachers increase students' sense of control and self-efficacy by providing specific and consistent feedback that is focused on students' effort or process and by emphasising opportunities to learn and improve.

Creating a conducive learning climate

Teachers create a learning climate that emphasises cooperation over competition and where all students feel comfortable taking risks, making mistakes and asking questions.

Fostering sense of belonging to the team

Everyday resilience is supported by a climate which emphasises teamwork, collaboration and inclusion.

About everyday resilience

Everyday resilience relates to a student's ability to overcome setbacks and challenges that are typical of day-to-day school events, such as receiving negative feedback. Teachers in the Representative School Sport Pathway foster everyday resilience directly by working with students, and indirectly by developing fair and supportive learning climates which promote a sense of belonging.

Everyday resilience is developed by boosting the 5Cs



Key learnings

- Positive association between sport and student wellbeing outcomes; including, improvements in self-esteem and resilience.
- Representative School Sport Pathway provides opportunity for students to connect with their wider community and creates a sense of belonging.
- Research shows that everyday resilience is associated with higher engagement at school and school events.
- Students who have everyday resilience are better protected against stress and anxiety.
- Everyday resilience thrives in a learning climate of belonging.

Policy and guidelines

The School Sport Unit oversees the Sport and Physical Activity Policy and Guidelines, providing advice and support for teachers and schools to ensure high-quality, safe, and enjoyable sport and physical activity for students.

A wide range of support is offered to schools to develop appropriate risk assessments, ensure the requirements are being addressed, and help to clarify what schools can and cannot do when offering sports and physical activities. Throughout 2022, the Policy Coordination team focused on direct support for schools, principals and teachers.

Recognising and responding to concussion

The School Sport Unit - Recognising and responding to concussion e-learning course was created in collaboration with the Sydney Children's Hospital Network and released in 2022. The professional learning supports schools to respond to a concussion in line with departmental policy and procedures and to provide immediate and longer-term support for students who suffer a concussion.

700+
participants



This course is highly important, valuable, and well developed. I had no idea about the risk factors for concussion before doing this course or the importance of reducing cognitive load after a concussion. I now know that it can worsen things - I need to be wary of the demands like memorisation, study, long periods of focus while someone is recovering. Consideration should be given to this course being included as a requirement for any staff taking sport at a minimum like CPR for excursions.

Recognising and responding to concussion course participant.

Risk management and consent

The School Sport Unit provided essential information to schools for risk management and consent. A concussion statement and personal injury statement were shared with schools as mandatory statements to be included in all consent and risk management forms for all sport and/or physical activities. The School Sport Unit provided further support to schools through the creation and provision of sample consent templates, and mandatory extracts for contact/tackle football and aquatics-based activities.

12,500+
page views



Compliance course for aquatic activities

This year the School Sport Unit launched the professional learning course 'Perform basic water rescue' through the aquatics industry. This compliance course provides teachers with the essential skills, knowledge and qualification to supervise students in, on and around water.



Specific sport and physical activity guidelines

Significant work in the review and updating of Specific Sport and Physical Activity Guidelines has occurred throughout 2022. The School Sport Unit has analysed data from Principal Endorsed Activity requests to identify new additions to the Specific sport and physical activity guidelines. Popular and emerging physical activities such as resistance training will be added to the Specific sport and physical activity guidelines in 2023.





The updated guidelines will use a colour coding system, which is designed to support schools in identifying sports and physical activities that can be delivered with no additional training and those activities which have higher risks and therefore require teachers to have specialised qualifications. The updated guidelines will include teaching and learning programs for popular sports and for those sports in the Representative School Sport Pathway.



Risk attestation

The School Sport Unit reflected on its current procedures of providing updates to the content in the Specific Sport and Physical Activity Guidelines. As a result of the risk attestation process, version control is now evident on all pages in the guidelines.

Emerging areas of focus for policy and guidelines

-  Increasing cost of living pressures and the impact this may have on student participation in sport and on their overall wellbeing.
-  Engaging students through emerging sports in school sport programs.
-  Access to the Representative School Sport Pathway for students who are home schooled.
-  Supporting gender diverse students' overall wellbeing and sense of belonging through inclusion in school-based sport and physical activity through to the Representative School Sport Pathway.



Premier's Sporting Challenge



To promote increased participation in sport and physical activity, leading to healthier, more active lifestyles, the Premier's Sporting Challenge (PSC) is available for public school students and staff across the state. In 2022, the PSC celebrated 15 incredible years of encouraging more students and staff to be more active, more often.

There was continued high engagement in the PSC, including the 10-week Challenge (10wC) and Race Around Australia (RAA). Some schools completed two back-to-back terms of Challenges. Over 1,375 schools and corporate offices, and 412,000 students and staff participated in one or more PSC options in 2022. Supporting these schools and corporate offices were 2,760 PSC Facilitators.

10 week Challenge

The 10 week Challenge (10wC) is the flagship program of the PSC. The Challenge involves daily tracking of physical activity over a 10 week period with the use of printed logbooks as well as the 10wC activity tracker web app. The 10wC, continues to dominate with huge participation numbers.

Primary school students

292,658

Secondary school students

100,954

Department of Education staff

11,343

27,360
students

174
schools

1,355
classes

2,362,000
kilometres

Race Around Australia

This virtual running Challenge requires students to race around the perimeter of Australia and plot their progress on a digital map. This year, map features were enhanced to give the Challenge dimension and increased relevance. Milestone achievements offered references to Indigenous sacred sites and curriculum links. The enhancements provided schools with an opportunity to incorporate physical activity into daily learning and foster healthy attitudes towards an active lifestyle.

'Our students and teachers absolutely loved the Race Around Australia. It generated so much competition between classes to see who could get the furthest and be the most active class.' - Mona Vale Public School

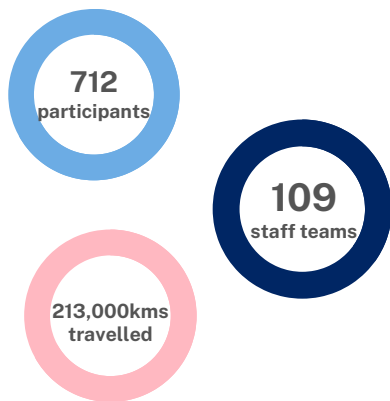
PSC Sport Leadership

Schools were supported with a 5-lesson teaching program to explicitly teach leadership skills and offered the flexibility to run a program that targeted their students' interests and local community needs. Program options included high school students hosting a primary school multi-sport gala day and coaching teams and officiating at primary school weekly sport.

Following a review of the original program model, 2022 saw a trial of a new version of Sport Leadership, with 20 secondary schools taking part. Enhancements to the program were made to increase its reach and ensure greater student outcomes in leadership.



All participating high schools indicated that the program model changes were valued by their school and that they would like to be involved in the program in the future.

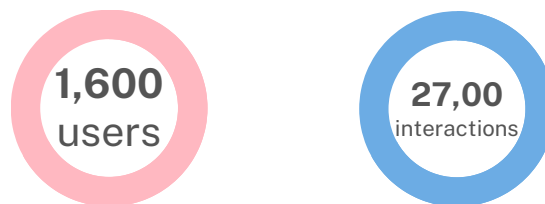


Activ8 your Workplace

Activ8 your Workplace took place over eight weeks in Term 3 and was expanded this year to include all DoE staff. One hundred and nine teams were led and encouraged by their Workplace Champions to focus on their personal health and wellbeing by increasing physical activity levels. The focal point of Activ8 your Workplace is the staff version of Race Around Australia (RAA). 'Running' in the opposite direction to the students, their combined distance travelled was over 200,000kms - over halfway to the moon!

PSC Teaching Resource

The PSC Teaching Resource Google site was launched this year to support teachers embed physical activity into their teaching and learning program. It is tailored for classes participating in 10wC and/or RAA.



Awards and recognition

The PSC has a range of strategies to recognise and reward the engagement and achievement in physical activity initiatives by students and teachers in NSW public schools:



292,200 PSC End-of-Challenge certificates – sent to schools and department offices to recognise individual, class and school achievements for 10wC and RAA.



3,394 PSC Student Ambassadors - recognised students for actively assisting their school to promote physical activity and sport initiatives such as the 10 week Challenge and Race Around Australia.



2,880 PSC Student Medals - presented to students in recognition of outstanding commitment to sport and physical activity.



Disability and inclusion

The School Sport Unit offers an array of inclusive sport and physical activity opportunities to support students with disability. The opportunities include engaging participation events for skill development such as Come-and-Try Athletics and Multi-sport days, as well as the state-wide team sport competitions of Boccia and Tenpin Bowling. These events are offered to all students with disability, from Kindergarten to Year 12, in Schools for Specific Purposes, specialist support classes, and in mainstream settings.

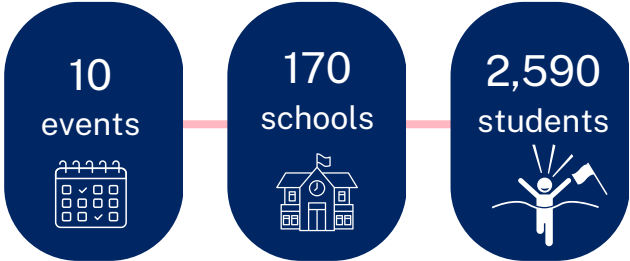
Our Disability and Inclusion officers also assist teachers and support staff through professional learning, school visits and provision of resources.

The School Sport Unit Disability and Inclusion Officers facilitated over 90 events across NSW for students with disability.

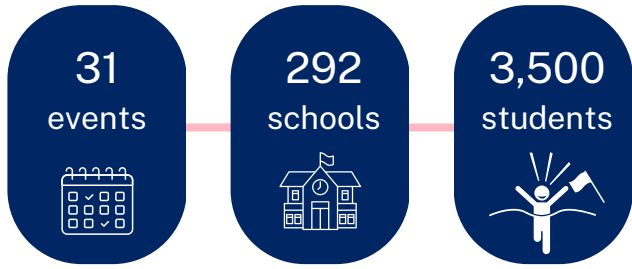
Come-and-Try Athletics

The Come-and-Try Athletics program continued to grow, with opportunities offered in both regional and metropolitan locations.

Students had the chance to experience athletics in a fun, non-competitive format. Staff attending had the opportunity to learn about Multi-Class and classification processes.



Multi-sport events

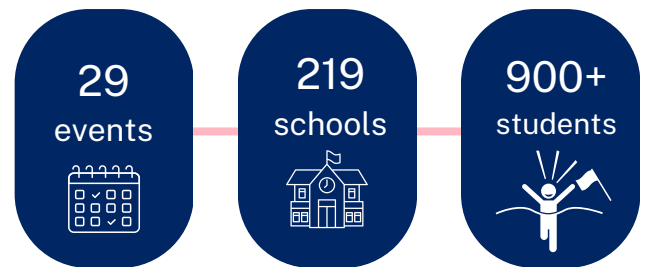


This year, 31 Multi-sport events were held across the state in both metropolitan and regional areas. Students participated in modified and adapted sports, that catered for their specific needs. The Multi-sport program continues to achieve excellent attendance with several dates reaching registration capacity within only a few days of opening.

Tenpin bowling state-wide competition

Tenpin Bowling competition took place this year, after 2 years of COVID-19 disruptions. The event saw 219 schools competing for the title of State Champions.

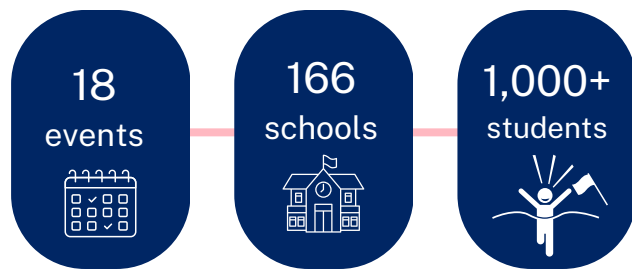
After 28 regional events, the state finals were held in Sydney with the top three places in both the primary and secondary divisions going to regional entries. Primary winners were Palmers Island Public School and secondary champions were Orange High School.




Boccia state-wide competition

This year was the 10th anniversary of the School Sport Unit NSW Boccia Championships. Schools from across NSW competed in regional championships, with the winning team progressing to the State Final held at Sydney Olympic Park.


Congratulations go to St Clare High School for taking out the prestigious title this year.




Support for schools




Facilitated the classification verification and eligibility applications for all competitors in the Representative School Sport Pathway.



Gave integral support at all NSWPSA and NSSWCHSSA major championships - Swimming, Cross Country and Athletics.



Up-skilled teachers in the delivery of inclusive and adaptive practices through hosting professional learning workshops across NSW.



Provided demonstration lessons to model inclusive and adaptive practices in sport and physical activity.

Swimming and water safety

The NSW Department of Education funds Learn-to-Swim and Water Safety Education Programs for primary school students to develop water confidence and provide basic skills in water safety and survival. Schools can access programs for their students through different delivery models, designed to meet their needs in the local context. Opportunities are provided for students in Schools for Specific Purposes and Intensive English Centres. Support is also available to assist with Stage 4 water safety programs in high schools.

1,300 schools



106,000 students



500 teachers



Program models

The 5-day School Water Safety Program was introduced in 2021 as an option for schools to deliver an intensive set of pool-based lessons focusing on water safety. Increasing numbers of schools in both metropolitan Sydney and regional NSW have participated in this 5-day intensive program this season. Many schools have used it as an extension for students that have already progressed through the 10-day School Swimming and Water Safety Program in earlier years.

The 10-day School Swimming and Water Safety Program continues as a key program for many schools to provide experience and gain confidence in the water, learning essential swimming strokes and water safety skills to be safe in, on and around aquatic settings.

200

Stage 4 programs supported



'Let's be water safe' resources

A stronger focus on water safety is supported by the School Sport Unit 'Let's be water safe' resources.

The resources since their release last year have seen increasing use in classrooms. They include an extensive collection of handouts and a series of five engaging animated videos to deliver key water safety messages.

The resources complement the existing 10-day School Swimming and Water Safety Program and new 5-day School Water Safety Program and are available in the Teacher resource hub resources' section on the School Sport Unit website.



School Swimming and Water Safety How to Stay Safe in and Around Water

CAN YOU SPOT?

- 5 safe behaviours
- 5 unsafe behaviours
- Someone in the water calling for help
- Objects which can be used for a rescue
- A rip current
- The safest place to swim
- Activities which require life jackets
- Aquatic activities which require swimming skills
- Things that protect you

An illustration of a swimming pool area with various safety hazards and signs. Signs include 'NO COOL DRINKS', 'NO RUNNING', 'NO DIVING', and 'NO SWIMMING'. There are also life jackets, a lifeguard stand, and people swimming in the pool.

Learning sequence 2 - Personal safety

Key safety messages

Learning intention: We are learning to make responsible choices to ensure our safety in, on and around water.

Success criteria: I can identify safe and responsible behaviours in aquatic environments by following the personal safety messages.

- It's fun being around water, however, it's important we make safe and sensible decisions.
- I am responsible for the choices I make around water.
- Never swim alone.
- Always have an adult supervising around water.

Activity 1 - Personal safety

Teacher notes

Explain to students that they are learning about water safety and how the key safety messages can keep them safe in, on and around water.

Teachers should consider how best to create a supportive learning environment that enables students to feel safe, to learn and to ask questions. This is particularly important when discussing issues that may be deemed sensitive.

As a class, view the animation [Personal Safety](#).

Discussion

After watching the animation ask students:

- How can we define the word safety?
- Do you have a responsibility to keep yourself safe around water? Why or why not?
- What are some good and bad choices around water?
- Why is it important to never swim alone?
- What can you do to keep safe around water?
- What can adults do to help children stay safe around water?

Reflection

Create a class display of the key messages from the animation. You may choose to create this on a piece of cardboard or collaboratively on a Jam Board.

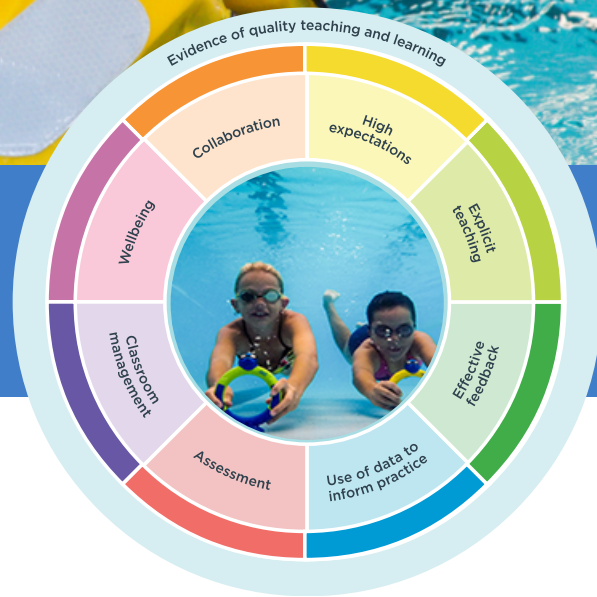
Registrations

Registrations for the 2023/2024 season open in the first week of 2023 for schools to register to participate in one of our primary-age programs or to gain support for Stage 4 Water Safety Education.





What works best: Swimming and Water Safety



The Department of Education through the School Sport Unit delivers Swimming and Water Safety to support students in learning water safety and survival skills as well as competitive strokes. During the program, the qualified school swim teachers embed the themes of the ‘What Works Best’ document to ensure their students receive quality teaching and learning in a supportive environment.



High expectations

School swim teachers embed high expectations in their teaching and learning programs by:

- consistently challenging all students to learn new things
- establishing clear and consistent expectations for learning and behaviour
- guiding and supporting students towards meeting expectations.



Use of data to inform practice

School swim teachers use data in their teaching and learning programs by:

- collecting meaningful data
- dedicating time to use data effectively
- analysing data to monitor student learning and progress.



Explicit teaching

School swim teachers use explicit teaching by:

- planning lesson scope, assessing data, reviewing prior learning and balancing teacher-directed, teacher-guided and student-directed learning
- explaining, modelling and guiding learning
- monitoring student progress and checking for understanding.



Classroom management

School swim teachers manage their learning environment successfully by:

- developing high-quality student-teacher relationships
- providing structure, predictability, and opportunities for active student participation in the lesson
- actively supervising students to keep them on task
- responding to disengagement and disruptive behaviours and supporting students to re-engage.



Effective feedback

School swim teachers deliver effective feedback in their swimming lessons by:

- reflecting and communicating about learning tasks with students
- providing students with detailed and specific feedback about what they need to do to achieve growth
- ensuring that students act on feedback that they receive.



Wellbeing

School swim teachers support students to connect, succeed and thrive by:

- initiating strategies to build a positive learning environment characterised by supportive relationships and regular contact with each student
- communicating with classroom teachers to use collaborative strategies that support the wellbeing of students.



Assessment

School swim teachers guide student learning by:

- using assessment to provide students with learning opportunities
- designing and delivering high-quality formal assessment tasks
- carefully structuring group assessment activities to ensure that students are supported and challenged.



Collaboration

School swim teachers collaborate effectively by:

- regularly participating in structured lesson observations that focus on how different teaching approaches impact on student learning
- regularly dedicating time throughout the school year for working with colleagues to plan, develop and refine teaching and learning programs.

Learn more about Swimming and Water Safety on the School Sport Unit website.

<https://app.education.nsw.gov.au/sport/>

Teacher resource hub

The School Sport Unit provided a range of high-quality teaching and learning resources and professional learning throughout 2022. These resources and professional learning supported schools in the delivery of engaging, research-based sport and physical activity learning experiences to improve student wellbeing and activity levels. The online professional learning courses will continue to be offered to schools in 2023 and beyond. New courses are scheduled to be released in 2023.



New professional learning courses

The School Sport Unit released seven high-impact online professional learning courses in 2022:

- Delivering engaging sport and physical activity programs in K - 2
- Recognising and responding to concussion
- Meet Manager swimming
- Meet Manager track and field
- Introduction to cycling
- Sport and Physical Activity Policy awareness training
- Burn 2 Learn



Teaching and learning resources

The Sport education teaching resource, 10@10's classroom energisers, Physical activity across the school day resource and the Burn 2 Learn teaching resource were shared with schools.



15,000+ users

More than 15,00 educators used an online School Sport Unit teaching and learning resource in 2022.



2,100 + participants

Over 2,100 teachers enrolled in a School Sport Unit online professional learning course.



550+ teachers

Over 550 teachers received face-to-face support from the team through workshops, demonstration lessons or strategic school planning.

Sport education teaching resource

The School Sport Unit released the 'Sport education teaching resource' in 2022 to support schools deliver weekly school sport through a game-based approach.

The resource contains 20 units of learning for sports reported as popular among primary-aged students, and for sports that are included in the Representative School Sport Pathway.

The learning experiences are based on the Sport Education model. Students compete in teams during the unit to promote sportsmanship and team affiliation. Teams accumulate points each week by participating in designated minor games and each unit culminates in a gala day.

The resource has been extremely popular, and feedback has shown it is a valuable teaching and learning resource that supports the planning and delivery of school sport. Over **10,000** teachers have used the Sport education teaching resource, and the resource has had over **106,000** interactions.



10@10 classroom energiser episodes



20 new episodes coming in 2023

The 10@10 episodes were designed by the School Sport Unit to support schools in including classroom energisers in their daily teaching and learning. Each episode is 10 minutes in duration and students are led by School Sport Unit teachers in a high intensity workout based on an Australian sporting theme.

Since their release, the episodes have been viewed 3,650 times.

Online professional learning

In 2022, seven new e-learning courses were released. The School Sport Unit created the e-learning courses to support schools in meeting the requirements of the Sport and Physical Activity Policy and to provide students with quality learning experiences in sport.

As of December 2022, the e-learning courses had engaged 4,441 teachers in high-impact professional learning at a time when face-to-face professional learning was not the preferred option. The e-learning courses included teaching and learning resources and programs and strategic follow-up support when requested by schools.

'I have a lot to think about- the best course I have been involved in for ages. I am thrilled that this course has provided me with substantially more information, support, activity-inclusion-game related physical enrichment ideas for use inside and outside the classroom. A wonderful professional learning course! Thank you.

Delivering engaging sport and physical activity in K - 2 participant

Face-to-face school support

The School Sport Unit provided face-to-face support to schools throughout NSW. The majority of schools supported were in regional and remote communities.

Over 550 teachers engaged in teacher professional learning through participating in Athletics officiating workshops, observing demonstrations lessons, or through active participation in the Interconnection between physical activity and wellbeing training program.

The School Sport Unit have been exceptionally helpful with our goal of improving Sport and increasing physical activity throughout the school day. The team assisted us by analysing our health check and provided practical strategies for us to complete to improve in the areas we were lacking. The 'Thinking While Moving' course and resources have been amazing, and we all loved learning some new ways to get kids moving while continuing to deliver our core business of English and Maths. The students have really enjoyed the activities and we have been able to increase the amount of physical activity by an average of 40 minutes per week. This number continues to increase as we become more confident with the strategies and resources.

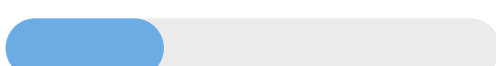
Kincumber Public School

Rural and remote schools



68%

Metropolitan schools



32%

Figure 1: Percentage of schools from rural, remote and metropolitan schools that participated in face-to-face professional learning.

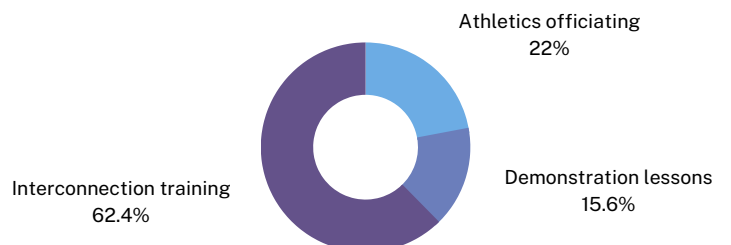


Figure 2: Overview of type of professional learning delivered to schools.

School Sport Unit - Contact us



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