

SPORTS TEACHING – RULES AND PRINCIPLES

Aims

Sports' teaching in Primary fosters the physical, cognitive and social skills of our pupils. Pupils learn basic concepts of movement together with fundamental sports techniques. They learn to get to know their body through various experiences in movement and to know their limits according to their personal abilities. Games, dances originating from different cultural backgrounds etc. help the children understand the importance and value of team work/play, fairness and taking over responsibility.

Basic goal of sports teaching: Pupils should gain a positive attitude towards sports and should be encouraged to practice lifelong. More information: http://www.eursec.eu/fichiers/contenu_fichiers1/473/2002-D-7510-de-3.pdf

Sports teaching in the gym and outside

In principle a lot of activities should take place outside. Scientific studies have shown that the children's immune system is strengthened substantially by outside activities. In this context appropriate sports clothing is essential (see also Rules for sports teaching, point 2). If possible sports teaching (except in very bad weather) takes place outside either on our sports field or in the park from September to the **end of** November and from March to July.

Rules

These rules are based on a proposal of the Education Committee of the ESF:

To provide effective and safe sports lessons the following basic rules must be respected and fully complied with:

1. All pupils must bring the following clothing with them for sports lessons: gym trousers or shorts, gym shirt and proper gym shoes (with a **light** coloured sole suitable for use in the sports hall). Pupils of year 1 are expected to dress on their own (incl. sports shoes). Hoop and loop fasteners have proven helpful. For reasons of hygiene sports clothes are only used during the sport lessons. For the rest of the school day different clothes are necessary.
2. For outside activities a track suit (no shorts) and proper sports shoes are necessary and should be left at school.
3. Girls with long hair must tie it back.
4. For reasons of safety it is not permitted to wear watches, jewellery etc.
5. Pupils who have forgotten their sports equipment may participate in the lesson (barefoot).

6. Pupils who repeatedly forget their sports clothes (3 times) will receive a letter from the school which is to be signed by the parents and returned to the teachers as soon as possible.
7. A child who is unable to participate in the sports lesson for health reasons must bring a written document to the teacher (written excuse from the parents, medical certificate or a note from the nurse).
8. A child who is injured or unable to participate in the sports lesson for health reasons as detailed above, will join a different class and lesson during that time and read a book.
9. If a child regularly breaks the rules during sport and disturbs the lesson, a letter will be sent to the parents informing them of the child's behavior. The letter must be signed by the parents and returned to school as soon as possible.