

# DEVONPORT SCHOOL as an ACTIVE SCHOOL

In 2005, the National Administration Goals were amended so that Boards were now expected to prioritise regular quality physical activity. This report is to describe the current state of activity so the Board can consider what if anything else is required.

By “regular physical activity” the school staff understands this to mean regular physical movement that provides students with opportunities to develop physical skills and fitness. It is also purposed to give children experience at team work, co-operation, fair play as well as well as a sense of enjoyment and an ongoing desire to be physically active as a lifestyle choice.

## How does the school support physical activity?

There is a range of both formal and informal activities that occur on a regular basis.

**Formal play** refers to planned skill based sessions and planned fitness sessions. These are usually during school time but also occur before/ after school and lunchtimes.

### Formal

	<b>JUNIOR</b>	<b>MIDDLE</b>	<b>SENIOR</b>
<b>Fitness</b>	<b>15 minutes x 3 times a week</b>	<b>4 x a week</b>	<b>2x a week</b>
<b>Skill</b>	<b>Swimming <math>\frac{3}{4}</math> hour 3 times a week</b> <b>Other</b>	<b>3 x a week</b>	
<b>Sport</b>	<b>1.5 hours a week</b>	<b><math>\frac{3}{4}</math> hour once a week</b>	<b>1 hour a week</b>
<b>Swimming T1</b>	<b>45 minutes 3x a week (T4 voluntary..depending on weather)</b>		
<b>Waterwise</b>	<b>NA</b>	<b>NA</b>	<b>Y6 only</b>
<b>Camp/ EOTC</b>	<b>NA</b>	<b>NA</b>	<b>Y5/6 only</b>
<b>Special events and preparation</b>	<b>Games day.....Student council for all students</b> <b>Wheels Day.....Student council for all students</b> <b>Cross country...School/ Peninsular</b> <b>Swimming.....School/ Peninsular</b> <b>Athletics..... School/ Peninsular</b> <b>Soccer Day.....Peninsular</b> <b>Netball field days</b> <b>Rugby field days</b> <b>School exchanges ..... Y5/6</b>		
<b>Skill coaching</b>	<b>Soccer</b> <b>North Harbour Sports coaching clinic days</b>		
<b>Team coaching</b>	<b>Netball and minibal...before school and lunchtimes (See below)</b>		

### Team coaching timetable

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Netball	Team 1	Team 2	Team 3	Team 4	Team 5
Fun ferns				8am	
Miniball	Year 5		Year 6	Year 5	Year 6
Kelly Sports	Hall 3pm	Hall 3 pm			
Hockey		4pm			
Swimming	Feb before school/ lunchtime for representative team/ Sunday for private coaching and water polo practice				

**Informal play** happens more commonly at break, lunch and before/ after school when children are encouraged to use the grounds unless it is too wet to go outside.

### Do we have enough grounds and play areas?

We have wonderful school grounds that enables both individual and group informal play and a range of facilities.

- a) Adventure playground for Middles and seniors
- b) Adventure playground for Juniors
- c) Forest
- d) Two fields
- e) Two hard courts
- f) Hall
- g) Natural fitness trail...steps into and within school
- h) Hitting wall
- i) Food garden
- j) Swimming pool
- k) Wendy house,
- l) Drain
- M) Sandpit

### What playground markings are there?

There are extensive markings but some of these need refreshing after water blasting of courts to reduce moss causing slipping and accidents. There is also a request to include some more markings for seniors but area and markings are yet to be identified.

The fields are not marked but contain soccer goals

There is a chess board outside Rms 2/3 which is currently not used and awaiting completion of chess pieces.

## **What equipment is available?**

- a) The PE shed contains balls, bats, hoops, skipping ropes, gym gear, Frisbees,
- b) Outside are goals and hoops.
- c) The Hall contains gym gear and mats, a high jump mat, a mobile hoop and a table tennis table.

## **Is this equipment easily accessible?**

The PE shed is controlled by staff. An issue and return system has worked during Terms ½ but found a lot of gear was not being returned. It was agreed to put a set amount of gear in classrooms instead and access to the PE shed would be via monitors for formal lessons.

The Hall gear is difficult to access and a second door needs to be put into cave area so that storage and access is easier.

## **Variety of physical activity currently available**

### **Inschool hours**

Fitness                      Currently Jump rope

PE programme...        a) skill based sessions, practice  
                                  b) games

Formal (see above)

Informal...ball games, chasing. "horsey", Wendy house, ball tiggly, 4/9 square, sandpit play, forest imaginative games, cars in the drain, elastics swinging on bars, sandpit, adventure playground...climbing, swinging, balancing, sliding,

Creative...during school time...dance

Non competitive...child organised.....swimming, soccer, softball, chn devised games, Games and Wheels days

Cultural...during school time...Kapa Haka, dance

### **Out of school hours**

Before school organised teams of miniball. Netball coaching

Afterschool...Kelly sports...Mon/ Tuesday Friday lunchtime..soccer skills

Sundays water polo

Swim..... coaching clinic

Walking buses and encouragement to walk/ bike to and from school

## **Local providers**

Parents and local people as coaches

Sport North Harbour supplies coaching and professional development

Have a go Day

Marathon

Fitkidz

Funferns

Weekend clubs....hockey, rugby, soccer, cricket, dance, tennis

## **Professional development**

Appraised needs in 2006 as contract deferred to 2007 due to demands of other professional development in school...ICT, Numeracy and Literacy.

## **Equipment budget**

\$1,500

## **What needs development?**

- a) Skills charts and what might be a descriptor of competence at each level to guide planning.
- b) Lesson plans and games/ activities for pool
- c) Fitness activities guide
- d) Awareness of focus on skills rather than playing games
- e) Small ball skill development plans
- f) Plan for playground markings
- g) Class equipment packs
- h) Chess pieces to complete
- i) Decision for contract 2007...which terms and key staff ( as for 2006)
- j) Resurfacing of courts

## **Board**

The board can ask parents and students

- Are we doing enough?
- What else is needed to satisfy the needs and wants of students in regard to physical activity?