

ISLAMIC EDUCATIONAL CENTRE

SPORTS MASTER PLAN

Background

The Sports Master Plan draws on the draft Schools Sport Policy released by the Department of Basic Education on 9 November 2011 in terms of section 3 (4) (l) of the National Education Policy Act, 1996 (Act No. 27 of 1996) No. 27 of 1996) as well as the South African Schools Act, 84 of 1996.

The School Sports Programme was launched nationally on 5 November 2011. The Minister of Sports and Recreation urged schools and sports co-ordinators to identify Wednesday in the week to mobilize all school learners to participate in sport and recreation activities. Every Wednesday from 28 March, “Magnificent Wednesday” had taken place in schools throughout the country to promote sports and recreation in schools.

Sport and Recreation South Africa (SRSA) has identified three pillars of school sport:

- physical education,
- school leagues competition, and
- youth olympics.

Physical education referred to the integration of physical education as a learning area within the curriculum of every school. This was meant to promote sport skills development and healthy living among all learners, and to fight the challenge of obesity which was on the rise among South African learners. While this was previously not the case, physical education was being offered as part of the curriculum in all South African schools. The on-going challenge was to maximise impact by improving the skills level of educators and to locate physical education as a stand-alone learning area (separate from Life Orientation).

School competition is a league program where each school would register its school team which would participate in the league’s five competition levels: intra-school, inter-school, district level, provincial level and national level. Teams would progress through these levels, ultimately leading to the National School Festivals.

The intra-school level would be comprised of mass participation throughout the year,

The Youth Olympics focused on individual talented athletes at a particular level of the competition. The selected athletes would compete with other talented athletes from other areas. These talented athletes will be identified by professional talent scouts, sport clubs and federations during the roll-out of the school competitions.

POLICY FOR SPORTS AND RECREATION IN THE ISLAMIC EDUCATIONAL CENTRE

DEFINITIONS AND TERMS

The following definitions and terms are used in the policy document:

Educators are facilitators of physical education as mandated by the Department’s Life Orientation syllabus;

Federations are bodies that oversee regulations governing a particular sporting code;

Governance shall mean the act of governing a sporting code, while govern shall mean ensuring that the policy and affairs of an organisation are implemented.

Intra-school, inter-school, extra-curricular, extra-mural and co-curricular shall refer to the school sport element of school enrichment programmes.

Life orientation is an integral part of the syllabus of the new curriculum, and seeks to provide for the holistic development of the learner;

Physical Education educator is a professional qualified individual within the school system who will co-ordinate all sporting activities, and assist in the coaching of school teams.

Principles of fair play include: respect for opponents and other stakeholders including the rules of the game, playing fair, accepting defeat gracefully, refraining from corruption, drugs, racism, violence and gambling.

School sport programmes shall refer to all planned school sport activities which include but are not limited to sporting events, coaching clinics, symposia, mass participation, competitive and high performance sport activities, talent identification and development.

School sport refers to the integral extramural, extracurricular component of the holistic education programme.

School sport code committee refers to the leadership of a body consisting of at least 70 % of educators that implements a particular school sporting code.

School Sport Structure refers to any entity and/or body that has been mandated to execute a specific school sport function.

Shura is the Board of Governors of the school.

PARTICIPATION IN SPORT AND RECREATION

It is mandatory in terms of the School's Code of Conduct that every learner must, unless precluded by a medical report, participate in the full spectrum of sports and recreation activities of the Islamic Educational Centre.

1. Physical Education/Life Orientation lessons

It is compulsory for every learner to participate in all physical educational lessons, either as a participant, match official or match administrator.

2. Sport

Each learner is required to participate in ONE sport offered by the school during the summer terms (terms 1 and 4) and in ONE sport offered by the school during the winter terms (Terms 2 and 3). This does not preclude any learner from participating in more than one sport per season, and this is encouraged, wherever it can be arranged. A learner will sign up for a sport and will arrange to participate in the other sport/s in his/her free time.

Summer Sports	Winter Sports	All year round Sports
Cricket	Cross country	Soccer
Athletics	Hockey	Futsal
Tennis	Tennis	Netball
Swimming	Basketball	Indoor hockey
Volleyball	Table tennis	Table tennis
Netball	Soccer	Aerobics
Soccer	Netball	Walking/Jogging
Table tennis		Gymnastics/Gymmies
		Athletics

2.1 Recreational activities

Jogging, walking, aerobics, cycling and board games (scrabble, 30 seconds, monopoly) fall into the recreational category.

2.2 Cultural Activities

This category of co-curricular activity is open to all learners. The cultural programme offers learners exposure to other disciplines outside of sport. The cultural activities will focus on completing the

holistic development of the individual through the pursuit of a cultural activity. These include art, crafts, drama and activities endorsed by the Shura.

Foundation phase learners participate in co-curricular activities as part of their integrated day, which run three times a week. A range of sporting and cultural activities will occur.

2.3 Alternative Sport/Adventure Activities

These activities may require additional fees to be levied to participants.

This category of sport will cater for the many varieties of alternative outdoor sports found at present. These activities should promote a healthy lifestyle, genuine physical activity and an appreciation for the environment. These activities must instil in the learner an appreciation of the outdoors, and an appreciation of the world of nature.

These include hiking, abseiling, rock climbing, bush camps etc.

It is possible that some alternative / adventure sports may be run by outside individuals in conjunction with the school and the person in charge of sport. These service providers will levy additional fees for such activities in order to cover their costs.

Such activities will have to be approved by the Shura.

3. MANAGEMENT AND STAFFING OF CO-CURRICULAR ACTIVITIES

As far as possible, all co-curricular activities will be managed and supervised by the staff of the school. Where specialist skills are required or where a member of staff is not completely familiar with all aspects of an activity, coaches will be utilized. These coaches should be equipped to manage the age group involved and have the skills and knowledge required for that activity.

Professional coaches and parents with requisite skills and expertise will be used as much as possible so that they can empower staff and provide the learners with the appropriate skills they require at that level.

All coaching staff will report to the Sport co-ordinator and ultimately the Principal.

4. PARTICIPATION OF LEARNERS

Educators must play a central role in encouraging all learners to participate in the activities provided by the school, the Association of Muslim Schools as well as with structures of organised school sport in the country.

4.1 Age groups

All participants must compete in the correct age group. In accordance with rules governing school sport; no child will be permitted to play in an age group below theirs. In special circumstances a child may play in an age group above this, however, this must be in the best interest of the child and must be approved by the Principal.

4.2 Team selections

Teams will be selected by the coach/s responsible for that event. Selection for all teams must follow trials to be run at the beginning of each new season. Every child must be given equal opportunity during trials. Preference will be allocated to those learners attending sessions regularly.

Teams will be chosen on merit and should represent the strongest possible team in the relevant age group. It is important that the learner knows that teams may change following outstanding individual performances.

The decision of the coach is final.

4.3 Sports code of conduct

All participants in games and competitions must respect their opponents and other stakeholders including the rules of the game, playing fair, accepting defeat gracefully, and maintain the integrity and standing of the Islamic Educational Centre.

Coaches and staff should be respected at all times.

Learners who misbehave or disrupt the activity will be disciplined and may face suspension from that activity if the offence is serious. Discipline issues of a serious nature must be reported to the Principal. The Principal must approve suspension of a child from an activity.

4.4 Dress code

All learners who participate in co-curricular activities should be dressed appropriately. Learners who are not dressed appropriately will be excluded from matches and fixtures. Sports kit must be worn for practice and matches and should be in keeping with the standards set by national and regional associations.

4.5 Facilities and equipment

Learners will be expected to provide their own equipment in disciplines or codes that require specific individual equipment (, personal protective devices/guards). Equipment must be controlled and cared for by the Sports Co-ordinator or staff member in charge of the sport. All equipment must be locked away at the end of each match or practice.

4.6 Appointment of captains

Each coach is to put forward his or her selection of captain to the Principal. The input of the learners involved in that particular activity should be considered.

4.7 Notification and confirmation of matches

These will be catered for in the School's year planner, and timeous notification would be provided to parents and learners to prepare for thorough planning, transport arrangements, accommodation (if necessary) and contingency items, including first aid and medical arrangements.

4.8 Awards and colours

The school, in consultation with the Shura will present awards and colours at a specific function, before or after an activity or sports tournament, or at the annual Awards Function at the end of the year.

5. CONCLUSION

The Sports and Recreation Policy is only as good as the commitment and dedication of the educators, parents and learners of the school. A policy is merely a broad guiding framework; the execution is in the Standard Operating Procedure (SOP) of each code of sport or activity.

The National School Sport Policy has given impetus to the holistic development of learners through the promotion of an active lifestyle with the ultimate goal being the pursuit of a healthy way of living.

Sport should bring the learners pleasure and entertainment through organized activity. As a school, we hope to achieve maximum participation and maximum enjoyment as well as facilitating the realisation of each learner's potential within his or her chosen field.