Sports Policy

Rationale:

Our school's philosophy is to provide individualized, continuous support for sporting talent development. We aim to create an optimal environment and high-performance pathways that enable every student-athlete to reach their full potential.

Aim:

- Clarify the rights, roles, and responsibilities of all student-athletes in their sporting participation within the school.
- To ensure consistency in the provision of all sports disciplines within the school.

Sports Programmes: An Overview

Throughout the five years of secondary school, around 500 hours are dedicated to developing the sporting talents of our students. The school acknowledges these hours of training by enshrining them within two programmes which are accredited at Level MQF 2 and Level MQF 3 of the Malta Qualifications Framework. These are:

Framework of time allotted to these sports programmes:

Programme 1 - Foundations in Sports Specific (MQF 2) -Year 7-8:

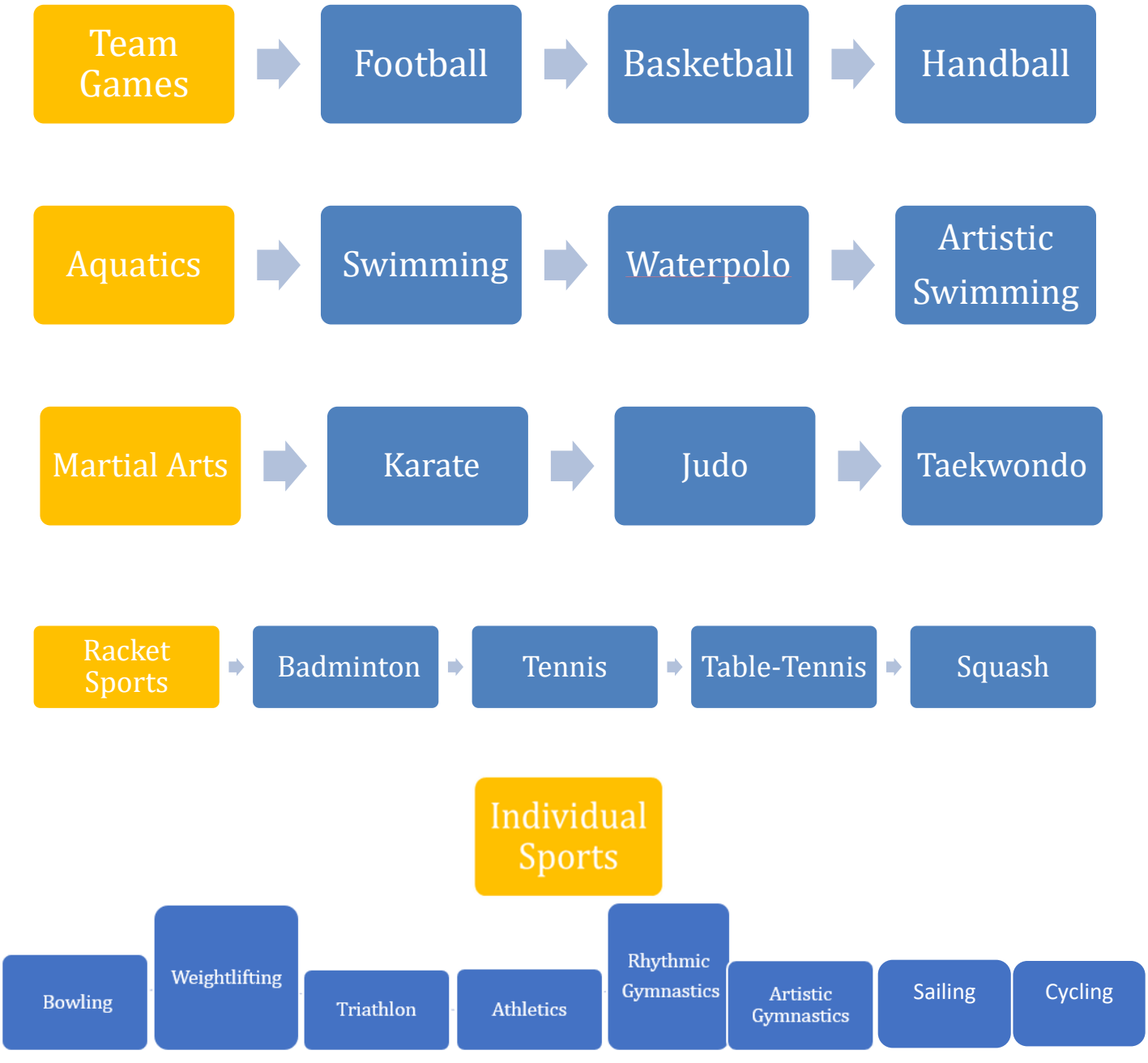
YEAR	MAIN SPORT	FUNDAMENTALS ATHLETICS/ GYMNASTICS/ SWIMMING/ WEIGHTLIFTING	AMSC Athletic Motor Skill Competencies	Specialised LESSONS- PSYCHOLOGY/ PHYSIOLOGY/ NUTRITION & MEDIA in sport
Year 7	3 times per week TOTAL: **8 lessons of 40 minutes**	Once per week TOTAL: **2 lessons of 40 minutes**	Once per week **1 lesson of 40 minutes**	Foundations in Sport MQF 2 lessons. **1 lesson of 40 minutes- 4 Blocks during the year**
Year 8	3 times per week TOTAL: **8 lessons of 40 minutes**	Once per week TOTAL: **2 lessons of 40 minutes**	Once per week **1 lesson of 40 minutes**	Foundations in sport MQF 2 lessons. **1 lesson of 40 minutes- 4 Blocks during the year**

YEAR	MAIN SPORT	Specialised LESSONS- PSYCHOLOGY/ PHYSIOLOGY/ NUTRITION & MEDIA in sport
Year 9	3 times per week TOTAL: **8 lessons of 40 minutes**	Progressive in Sport Specific MQF 3 lessons. **1 lesson of 40 minutes- 4 Blocks during the year**
Year 10	3 times per week TOTAL: **8 lessons of 40 minutes**	Progressive in Sport Specific MQF 3 lessons. **1 lesson of 40 minutes- 4 Blocks during the year**
Year 11	3 times per week TOTAL: **8 lessons of 40 minutes**	Progressive in Sport Specific MQF 3 lessons **1 lesson of 40 minutes- 4 Blocks during the year**

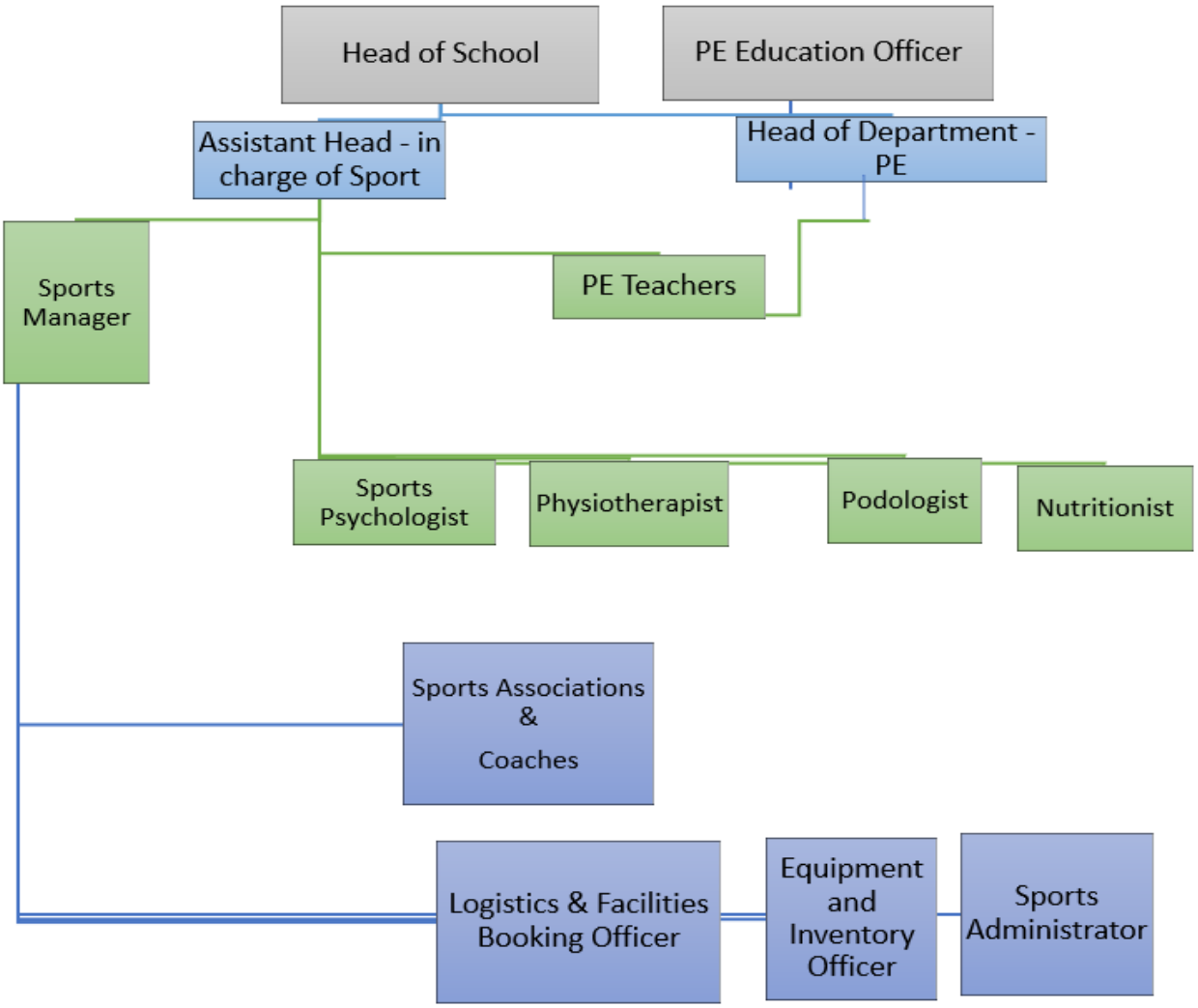
<u>Program 2</u> -Progressive in Sports Specific (MQF 3) - <u>Year 9-11:</u>

Main sports at NSS

Sports Specific training is done in each of the 21 main sport disciplines offered at the school. Each student-athlete trains and develops the sporting ability in his/her sports discipline, focusing on knowledge, skills and competencies.



Sports Human resource's structure



The school is committed to offer:

- the best facilities and equipment (besides school facilities, other sport facilities outside the school are used).
- the service of qualified coaches/P.E. teachers.
- the service of a sports psychologist, a physiotherapist, a podologist, and a nutritionist.
- transport during the main sport sessions.

These services are all given to the student-athletes free of charge.

Responsibilities and expectations of the student-athletes

The student should:

- exhibit willingness to train, motivation and eagerness to improve and succeed.
- be aware that the school sports sessions are not a replacement for after-school training.
- wear the appropriate school sports kit for all sports sessions.
- be disciplined and on his/her best behaviour during the sports sessions.
- have a respectful and positive attitude towards coaches and fellow student-athletes.
- treat equipment and facilities with care.
- be punctual for training sessions.
- be aware that no school sports sessions may be missed because of other games and commitments. If not fit for main sport, student-athlete cannot train with the sports club in an after-school session.
- provide medical information in case of illness or injury.
- present a consent form if any treatment/service is required.
- follow all procedures related to treatment and support.

Breach of responsibilities and expectations

This will result in immediate action by the school disciplinary board as per discipline policy.