

TERENURE COLLEGE JUNIOR SCHOOL



AIMS OF THE P.E., SWIMMING AND CO-CURRICULAR SPORTS PROGRAMME

The aims of our **P.E., Swimming and Co-Curricular Sports Programme for Pupils** include the following:

- ❖ Promote a positive attitude toward self and others.
- ❖ Develop interests and new skills.
- ❖ Promote physical and mental fitness.
- ❖ Instill a sense of fair play and good sportsmanship.
- ❖ Develop leadership.
- ❖ Develop healthy interpersonal relationships.
- ❖ Develop commitment.
- ❖ Provide opportunities for socialization and making new friends.
- ❖ Have fun.
- ❖ Experience success.
- ❖ Stimulate student involvement in and ownership of school.
- ❖ Provide alternative uses of discretionary playtime.



CODE OF CONDUCT

How I Treat Myself:

- If I play below my best but try my best, I should not blame myself for a defeat. A defeat, the same as a victory, is brought about by a team.

Players from Opposing Teams:

- I should shake hands before & after the match
- I should treat our opponents with respect
- I should wish them well whether they win or lose.
- I should never deliberately hit an opponent.
- I should never lose my temper.

Our Own Team Coaches:

- I should respect our own team coaches.
- If I'm not picked to play in a match, I shouldn't complain.
- I should never use bad language.
- I should never be cheeky or back answer our own team coaches.
- If our own team coach is giving a pep talk or advising us, I should not interrupt.

Supporters & Coaches of Other Teams:

- I should respect adults supporting and coaching other teams.
- I should not use bad language.
- I should never give cheek to them.
- I should wish them well if I meet them after a game.

Fellow Players:

- I should respect our fellow players and treat them as part of a team.
- The team includes the players and the substitutes – the full panel.
- I should show loyalty to everyone on our team.
- I should encourage my teammates and support them, even when they make mistakes.
- I should remember my teammates are always trying their best.
- We should play as a team, not as a group of individuals.

Referees:

- I should respect the referee as he/she is in charge of the match.
- I should never give cheek or use bad language to the referee.
- I should remember that I can never change a referee's decision no matter what I say or do. A referee's decision is always final.
- If the referee's decision seems unfair, I should not give out, sulk, blame other people; instead I should get on with the game.
- I should shake hands with the referee and thank her /him after the game.