SCHOOL SPORTS PROGRAM

by:

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Sport has been generally been promoted for its positive impact on young people’s physical health. Pieces of evidence suggest that increased participation in sports and physical activity can also lead to improved academic and social outcomes, benefiting students, schools and communities.

The promotion of sport and physical education at school plays a vital role in generating motivation for, and commitment to lifelong sports participation. Facilitating sport and physical educational schools thereby encourages a culture of healthy lifestyles and social cohesion through sports participation. Evidence exists that sport and physical activity can furthermore benefit learning and development. The importance of facilitating and promoting sport participation and physical education at school level therefore becomes evident.

The primary objective of the program is to promote mass participation in sport among school learners, with emphasis on previously disadvantaged urban and rural schools. This is achieved through the provision of equipment and sports attire, capacity building of trainers and provision of funding from the LSB and MOOE.

The school sport program is intended to promote participation to inter-school, district, provincial and regional level in different sport leagues, enhancing critical success factors of the school sports program.

Everyone in the school should be concerned in the Sports program. The school principal and the management team leadership, support and advocacy, including being proactive in driving enablers like timetable structures, budget, planning and
preparation opportunities, professional learning and network opportunities. The school and the sports members concerned must have the ability to connect with the wider sporting community. The school must have the appropriate time to plan and prepare. Teachers must be valued, motivated and passionate about the significance of the sports program. They must not forget that that the school sports program is a part of the school strategic and annual plans, and lastly the school sports program must ensure the support of the sports experts through project design and leadership.

The school must be aware of the sports activities lined up by the Department of Education to help all those concerned for the enhancement of the different sports abilities of the students and also teachers.

As stipulated in the Philippine Constitution, Article XIV Section 19, the role of the State is to promote physical education, encourage sports programs, league competitions and amateur sports including training for international competitions. This is to foster self-discipline, teamwork, and excellence for the development of a healthy and alert citizenry. The Constitution has also mandated all educational institutions to undertake regular sports activities throughout the country in cooperation with athletic clubs and other sectors. In relation to this, Chapter 3, Section 9 of Republic Act 9155 has abolished the BPESS and transferred to the Philippine Sports Commission (PSC) all functions programs and activities related to sports competitions but provided that “the programs for school sports and physical fitness shall remain part of the basic education curriculum.”

References: