

ST. STEPHEN'S SCHOOL

SPORTS / P.E. PROGRAM



SPORTS/PHYSICAL EDUCATION PROGRAM RULES AND PROCEDURES

St. Stephen's believes that interscholastic athletics play an essential role in the physical and emotional development and well-being of our students. Physical fitness and sports are a relevant part of St. Stephen's school philosophy, with a variety of activities offered throughout the year that allow students the opportunity to improve their physical skills, coordination, and overall health. The program also includes participation in tournaments in various sports against other international schools in Rome, Italy, Europe and North Africa/Middle East. The annual tournaments are **Mediterranean Cup** (Verona), **ISA Cup** (Portugal), **MIST** (Milan), **VISSTA** (Padua), **SSS CUP** (Rome), **RISA** (Rome). RISA format: Volleyball (Fall); Basketball (Winter); Soccer (Spring)

PHYSICAL EDUCATION REQUIREMENTS AND ATTENDANCE:

- **Physical Education classes are mandatory for students in grade 9 and 10.** Each student participates in one lesson a week. Lessons are scheduled during the school day. Regular attendance is required.

SPORTS REQUIREMENTS AND ATTENDANCE:

- St. Stephen's requires **ALL STUDENTS** to participate in a **MINIMUM OF 1 HOUR OF SPORTS** per week with regular attendance. Practices are scheduled in the afternoon **Mon/Wed/Fri 4:00-5:00**. Students can choose to participate in one or more sports and attend up to three practices a week.
- **Sports activities are mandatory for all students in grade 9, 10, 11 and 12**

SPORTS OFFERING FOR THE ACADEMIC YEAR 2015-16 (TO BE CONFIRMED)

Please note that more sports can be offered depending on requests and student interest

SPORT	WHO	WHEN	WHERE
P.E. classes	Boys + Girls (grade 9,10)	Each student will attend one 1h30m class a week based on the schedule	School Courts, Auditorium, Stadio Caracalla
Soccer/Football	Boys + Girls (grade 9,10,11,12)	3 times a week	Stella Azzurra: 7 a-side Mura Aureliane: 5 a-side
Volleyball	Boys + Girls (grade 9,10,11,12)	3 times a week	School Court
Basketball	Boys + Girls (grade 9,10,11,12)	3 times a week	School Court + Indoor Gym Pio IX
Running / Cross Country	Boys + Girls (grade 9,10,11,12)	3 times a week	Stadio Caracalla + Circo Massimo
Yoga / Pilates	Boys + Girls (grade 9,10,11,12)	2/3 times a week	Samila Center Via Paruzzi
Modern Dance	Boys + Girls (grade 9,10,11,12)	2 times a week	Auditorium

SPORTS SIGN-UP:

- While the P.E. classes will be assigned according to the student schedule, for the **After School Sports** students will be asked to **sign up** for one or more sport activities. Preferences have to be communicated to the Sports Director by September 4th, 2015
- Each sport offered at St. Stephen's has a maximum **number of participants**. In the case of too many students signing up for the same sport, their participation in that sport is no longer guaranteed and **try-outs** may occur the first few weeks of practice. It has never happened but in case students not selected, they will be assigned to another sport according to their top 3 preferences.
- Students may change their **primary sport** during the semester with the permission of the Sports Director and coaches involved. Students may also participate in more than one sport a semester (with permission) if their schedule permits.
- Students should attend at least one **hour of practice per week**. Participation should be evenly distributed during the year. For competitive sports (e.g. soccer, volleyball, basketball), and for students on the school's teams, coaches may require a minimum of two hours of practice a week and might drop a student from their roster for excessive absences.
- **Appropriate attire and protective** equipment as determined by individual coaches is required for all P.E. classes and sport activities at St. Stephen's.
- Proper documentation has to be provided before participating in sports activities (Health record, medical weaver, Certificato di idoneita' ad attivita' sportiva non agonistica)

GRADES AND REPORTS:

- Grades for P.E. and Sports will be included in each REPORT CARD and TRASCRIPITS Progress reports will be sent home as deemed necessary by the P.E. instructor and/or Sports Director.
- Grades of **PASS ("P")** or **FAIL ("F")** will be determined by a student's total number of hours of sports participation each semester (13 per semester). Students receive also an effort mark for P.E. and Sports based on the participation in class.
- The Sports Director is responsible for tracking and periodically posting student sport participation hours so progress can be monitored throughout the year.

EXEMPTIONS:

- Requests for P.E./Sports exemptions, which may be granted at the discretion of the Nurse, P.E. instructor, Sports Director, must be submitted by September 18th 2015, for verification and approval.
- Students in grade 9 and 10 can be **exempted from P.E.** classes only for medical reasons, certified by a doctor, or if the students take seven subjects and don't have a free period.
- Students in grade 9, 10, 11 and 12 can be **exempted from the SPORTS program** if they participate in regular sports activities outside the school and if they provide an official letterhead certificate from the sporting club attended. Medical exemptions should be requested by submitting a medical certificate that indicates the reason and the duration of the exemption.

