

## Intramural Athletics at New Covenant Schools

New Covenant maintains both an intermural and an intramural program to enrich the academic experience by engaging the student in a physically challenging program imparting life lessons through participation in competitive Athletic activities.

We believe that all children should receive basic instruction in motor skills as well as sport and recreational activities through the comprehensive program of physical education. We believe that such a program includes not only training in motor development, physiological integrity and the knowledge necessary to support an active, productive and healthy quality of life but also sport and recreational opportunities so that such skills can be practiced and reinforced. Intramural Sports programs as a part of the Middle School curriculum ensure that all children are provided the opportunity regardless of athletic skill level, to learn an energetic approach to life that can contribute to their *enjoyment of leisure and maintain a style of living that contributes to their emotional, social and physiological well-being.*

The term “intramurals” simply means “within the walls”. It has been traditionally applied to sports tournaments, meets and /or special events which are limited to participants and teams from within a specific defined community such as a school or other institutional setting.

Other than being limited to participants from a specific school, there is one main element that will distinguish our intramural program that is that every student is given an equal opportunity to participate regardless of physical ability.

## Goals and objectives of Intramural program

- Provide an opportunity to participate in sport and recreational activities without regard for high performance skill or ability.
- Provide activities in a safe and supervised environment.
- Nurture a healthy spirit of competition, sportsmanship and teamwork.
- Develop a sense of community within the school.
- Enhance appropriate social interaction.
- Expose students to leisure activities that will contribute to an active lifestyle and enhance physical fitness.
- *Provide an opportunity to practice and internalize the skills, attitudes and knowledge acquired in physical education class.*
- *Contribute and enhance the current extra-curricular sports program representing New Covenant Schools in inter-scholastic/ conference competition*

## The Intramural Program

- Intramurals is considered an important part of the whole curriculum. Adequate time will be set aside to facilitate maximum participation.
- Intramurals should be seen as an outgrowth of the physical education program and a strong compliment to the established extra-curricular intra –scholastic sports programs. Skills and activities used in the intramural program will be taught in the physical education program. Intramurals will not replace physical education instruction or the extra-curricular sports programs.
- Intramurals will be funded to provide appropriate facilities, equipment and safety.

- Students during the course of the year will be divided up into even teams with team Captains and Faculty sponsors (specific details will be written in Handbook). Practice sessions will be kept at a minimal, enough time for students to familiarize themselves with the activities. Active participation is the focus allowing the activities to become the “teachers”.
- Intramural teams will compete in a sports specific season (each team will play each other at least one time during a specific sports season) Depending on standings at the end of season, teams will be seeded for an end of season tournament.
- Awards: The focus of the intramural program is participation regardless of physical ability, therefore, there will be only modest recognition of league and tournament outcomes.
- Special one day events (capture the flag, lighting shootout, the mile run etc) will be incorporated into the intramural program.
- As with other curricula, the intramural program will be subject to on-going evaluation. Areas that will be reviewed include:

Objectives

Programming

Facilities / equipment

Safety

Organization / Administration

- The following list includes possible activities included in the intramural program:
  - Basketball
  - 3v3 basketball
  - Sideline basketball

Flag football  
Touch rugby  
Indoor soccer  
Outdoor soccer  
Speedball  
Kickball  
Volleyball  
Melonball  
Floor hockey  
Bowling  
Dodgedall  
Cross-country  
Ultimate Frisbee  
Track & field  
lacrosse