



SEAMEO-ACC SPORTS EDUCATION INNOVATION AWARD

3rd PRIZE (SECONDARY SCHOOL CATEGORY) South Hill School, Inc (Philippines) *South Hill Physical Education 3-Tier System*

A. Summary

South Hill School Inc (SHSI), in compliance with the Philippine Department of Education, has been running its Physical Education Program since the school started. However, beyond and above compliance, SHSI has since made modifications to the program to accommodate students of various fitness levels, physical maturity, health, personal interests and potential. In this SHSI is utilizing a three-tiered approach.

In the Basic Tier, all students undergo a physical education program that caters to all sorts of fitness levels. The objective is to level the population's health and interest in maintaining an active lifestyle. Many academically inclined students would have a sedentary lifestyle; SHSI ensures that academic achievers do not neglect their health by requiring co-curricular activity as part of their qualifications to academic honors. The academic program taps into various sports like arnis (eskrima), badminton, volleyball, table tennis, boardgames, football, hiking, social dance and basketball at basic knowledge.

The second tier is the Advanced Tier which is the varsity sports program allowing students to train all year round on particular sports, possibly participate in competitions and do themselves and the school honor by succeeding. The varsity program is different as it involves a training team, a group of athletes who may not be at a competitive level yet but trains with the varsity players in pursuit of improving their skills or simply have a good time with their friends.

The final tier is the Paragon Tier, students in their junior or senior years are encouraged to join the Duke of Edinburgh's International Award (Award). The Award is world renown to cultivate young adults who are holistically developed in skill, community and physical recreation. Young athletes who pursue the Award often bring their expertise to the community and train younger children sports as a means of maintaining a balanced healthy lifestyle. Those who pursue the Award have a mentor who serves as a coach but also monitors their assessor and eventually determines the athletes' individual personal growth through a quantitative and narrative tracking system. By the end of the program, the athlete also documents his journey in presentation.

B. Objectives

SHSI 3-Tiered System aims to:

1. Encourage all students to maintain an active lifestyle on top of academic excellence;
2. Ingrain gender equality beyond a learned concept into a standard, expected, normal behavior in modern, progressive society;
3. Enable students with physical and/or learning challenges;
4. Encourage students to assert their own interests and potential;
5. Bridge competencies in sports to key concepts and competencies such as but not limited to: camaraderie, justice, fairness, fortitude, perseverance, facilitation, instruction, organization, time management, conflict management and interpersonal communication.

C. Results/Outcomes

The SHSI sports program has produced competitive athletes that go on to compete and succeed at the national level. Academically inclined students may start out in sports to fulfill requirement but eventually learn to assimilate and enjoy the sports as lifestyle choice. Kinesthetically inclined students use communication skills, math skills, social skills in real world scenarios of sports that they have a buy in to pursue academics. Varsity athletes also invest themselves in their studies to maintain membership in their respective teams. Differently abled students do not perceive their status as disability as they participate in team sports with their peers with no impediment.