

The Sport Concept

What significance does sport have at our school?

In addition to the aspect of physical fitness, sport is a firm part of our daily life at school because of its many positive qualities. In addition to the school subject Physical Education, in which a large number of relevant points are taught within the framework of the curriculum, we also want to lay stress on the values that are imparted in the exercise of sporting activities. For this reason, sport and daily exercise are important pieces in the overall jigsaw relating to the education and development of children. Together with a healthy and well-balanced diet, sport constitutes the basis for a successful school day.

Values and learning contents of Physical Education:

- Fun and pleasure in exercise and togetherness
- Fair play, integration and responsibility for oneself and for others
- Team spirit: one can achieve a lot individually but even more as a group
- Health: Compensation and improvement of physical performance capability
- Acceptance of rules: teaching rules in a playful environment
- Experiential education: positive experiences (testing and overcoming one's limits)
- Coping with defeats: coming out of defeats strengthened and motivated
- Self-confidence: experiencing performance and comparing performance.

How is sport established at the Max-Rill-Gymnasium?

- *1-3-day mountain tour*: traditional start of the school year
- *Physical Education*: 5th Class up to and including Q12 (P-& W-Seminar Sport; Additum Sport; emphasis on selected sporting disciplines in Q11/12)
- *Differentiated Physical Education in the lower grades*: deepening and expanding acquired motor abilities, skills, knowledge, attitudes and values
- *"Play and Movement" in the Classes 5 and 6*
- *Sport Guilds*: large range of possibilities on offer, enabling individual development: basketball, climbing, football, sailing, diving, trampolining, skiing, badminton, ball sports (alternating half-yearly offers)
- *Tournament Days*: across classes with and against teachers
- *Skiing Camp (5th to 8th Class)*: five-day class trip to Sterzing/Italy und Hochfügen/Austria
- *Bundesjugendspiele* (annual German sport test) for the lower and middle grades
- *Winter and Summer Boarding School Olympics*
- *Boarding school leisure time (also possible for day pupils)*: range of sporting possibilities on offer can be changed to suit the time of year and the weather, for example: swimming or a water sports day; skiing and tobogganing in winter; high rope course or walking tours with and without an overnight stay in summer.
- *"Active Break"*: daily midday sport from 13:45 – 14:10 hours in the school gym (usually football across classes)