

# Dyatmika Physical Education and Sport



DYATMIKA  
EDUCATION FOR A BETTER WORLD



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Sekolah Dyatmika

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## Physical Education and Sport

### From The Head of PE



Welcome to the Sports section of Dyatmika. This booklet is intended to provide you with important information related to the sports provision at Dyatmika School. Dyatmika prides itself on providing a holistic learning experience for students and sport is an important element of this.

Having been a Physical Education (PE) teacher for more than 25 years, many of which have been as Head of PE at Dyatmika, I advocate that enjoyment and success in sports positively affects motivation and success in academic areas. This 'healthy body, healthy mind' approach, together with a belief in "sport for all", shapes the sporting programmes that we offer at Dyatmika.

I hope you find the contents of this booklet useful, please do not hesitate to contact me if you have any further questions.

Regards,

**Philip Carey**  
**Head of PE**





## The PE Team

The Dyatmika PE team consists of Pak Philip (Head of PE), Pak Bowo and Pak Michael. Together they deliver all PE lessons from TK through to Class 12. They also run the school teams and ECAs, with support from members of the teaching staff who have an interest in sports.



Pak Bowo holds a Bachelor's Degree in Sports Education from the State University of Surabaya. He enjoys teaching and playing many different sports, and played hockey at National Level for Indonesia. Pak Bowo has a keen interest and passion for coaching basketball.

Pak Michael completed his Bachelor's Degree in Physical Education at PGRI Adi Buana University (UNIPA), Surabaya. He enjoys teaching all sports but his passion is Football. Pak Michael is a member of the Indonesian Football Referee Organisation and Indonesian Football Coaches.





## Physical Education at Dyatmika

Physical Education at Dyatmika is an essential part of the curriculum with timetabled physical Education classes from TK to class 12. It is a subject where everyone can achieve success through surpassing their personal best and it promotes leadership qualities amongst students. Participation in Physical activity and sport for all is encouraged throughout all classes.

Physical Education classes in the Primary School focus on fundamental movements skills with the introduction of sports specific skills in Football, Volleyball, Basketball and Athletics.

Physical Education in the High School focuses on health and fitness and the development of sports specific skills in Football, Volleyball, Basketball and Athletics.

Swimming is considered an important life skill as well as a sporting activity. Swimming lessons are arranged for one term each year for the different primary classes. Swimming takes place in a pool facility near to the school and specific information is provided to parents ahead of the commencement of these lessons. A qualified lifeguard is always present during swimming lessons.

In general, students experience two lessons of PE each week as part of the curriculum, as students move into the Cambridge examination years at the school (Class 9 - Class 12) they may also choose to take IGCSE or A Level PE as one of their Cambridge examination subjects.







Sekolah Dyatmika

## Physical Education and Sport

### Extracurricular Sport at Dyatmika (ECA)

Dyatmika offers a broad Extra-Curricular Activity programme. Sport forms part of this programme, complementing the PE lessons taking place in school and providing further opportunities for students to develop their interest and skills in different sports. ECA sports may relate to the BSSA seasons (see below) or run as stand alone sports.

The main philosophy of ECA Sport at Dyatmika is 'Sport for All' and encouraging students to be involved and participate in Sport (inside and outside of school).





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Sekolah Dyatmika

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## Physical Education and Sport

### Membership of Bali Schools Sports Association (BSSA)

Dyatmika is one of ten schools that formed to create the Bali Schools Sports Association (BSSA). Bali School Sport Association was established to promote and provide opportunities for organised extracurricular student sporting events and competition for students in schools across Bali. Since its inception in 2001, the organisation has continued to be inclusive for Bali schools, with the aim of providing enriching sporting opportunities for students of local and expatriate families. BSSA is managed and coordinated completely by volunteer teacher representatives from each school with regular meetings taking place across the year.

Sporting events, games, and tournaments organised by BSSA are available for all students aged 6-18 enrolled at member schools. These schools share the hosting and staffing responsibilities for different sporting events.

The 10 member schools of BSSA are:

#### East Side Schools

1. Sekolah Dyatmika
2. Bali Island School (BIS)
3. Australian Independent School (AIS)
4. Taman Rama Intercultural School
5. Sanur Independent School (SIS)

#### West Side Schools

1. Lycee Francais de Bali (LFB)
2. Canggu Community School (CCS)
3. The Green School
4. Sekolah Lentera Kasih (SLK)
5. Sunrise School



BSSA schools are divided into these geographical groups simply to minimise the time of travel schools would need to travel to play during Wednesday Game days. Therefore, teams on the East side compete against each other to determine who would go through to the Semi-Finals and Finals against West Side Schools, and vice versa.



## BSSA Sports Seasons

Dyatmika runs its sports seasons and units of work based around the 4 main BSSA sports throughout the year. The organisation and rules governing BSSA are decided upon by the BSSA committee, made up of volunteer PE teachers from member Bali schools.

	Term 1	Term 2	Term 3	Term 4
	Football	Volleyball	Basketball	Athletics
AGE GROUPS	<ul style="list-style-type: none"> <li>- 6-8 mixed</li> <li>- 9-10's Boys and Girls</li> <li>- 11-12 Boys and Girls</li> <li>- 13-15 Boys and Girls</li> <li>- SeniorBoys and Girls (open age)</li> </ul>	<ul style="list-style-type: none"> <li>- 6-8 mixed</li> <li>- 9-10's Boys and Girls</li> <li>- 11-12 Boys and Girls</li> <li>- 13-15 Boys and Girls</li> <li>- SeniorBoys and Girls (open age)</li> </ul>	<ul style="list-style-type: none"> <li>- 9-10's (mixed)</li> <li>- 11-12 Boys and Girls</li> <li>- 13-15 Boys and Girls</li> <li>- SeniorBoys and Girls (open age)</li> </ul>	<ul style="list-style-type: none"> <li>- Age 9,10, 11, 12, 13, 14, 15 and 16+</li> <li>- Boys and Girls in all age groups</li> </ul>
Duration of Season	Football during lessons and ECA clubs. 4-5 Weeks East and West Side plus fixtures plus Finals Week	Volleyball during lessons and ECA clubs. 4-5 Weeks East and West Side plus fixtures plus Finals Week	Basketball during lessons and ECA clubs. 4-5 Weeks East and West Side plus fixtures plus Finals Week	Athletics during lessons & ECA clubs. Final 1 Day BSSA Event

BSSA schools also organise stand alone 1 day competitions in Swimming Ages 9 - Seniors held in Term 3 and Cross Country Running Ages 9 - Seniors in Term 4.



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Sekolah Dyatmika

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## Physical Education and Sport

### Coaches & team supervisors

The PE staff run the majority of school teams and ECAs, with support from members of the teaching staff who volunteer their time because of an interest in sports.

#### Football:

Aged 9-10 boys - Pak Michael

Aged 11 - 12 boys - Pak Max

Aged 11 - 12 girls - Pak Philip

Aged 13 - 15 boys - Pak Ben

Aged 13 - 15 boys - Pak Philip

#### Volleyball:

Pak Philip, Pak Michael, Pak Bowo and Pak Ben

#### Basketball:

Pak Bowo, assisted by Pak Philip (High School) and Pak Bowo (Primary School)

#### Athletics:

Pak Philip, assisted by Pak Michael and Pak Bowo







## BSSA Sports Events Format

The rules governing the BSSA events format are decided upon by the BSSA committee.

- Football, Volleyball and Basketball competitions will be of approximately five to six weeks duration with four or five weeks being East side schools and West side schools round robin play followed by a finals playoff week between the top 2 teams from each side.
- Timing of this game will be determined by schools' availability and the schedule organiser. Finals will be located according to available facilities of BSSA member schools.
- 'A' and 'B' Divisions: All 'A' teams from East side and West Side Schools play each other in a round robin competition to determine the top 2 teams in each division who will then play off on finals day.
- The B Division is for schools with a greater number of students wishing to participate that might not be able to play if their school only had enough players to play in the 'A' Team.
- All 'B' teams also play each other in round robin competition with just the top team from each division playing a final. If an A team ever plays a B team (e.g. where there is a space in the schedule or a very small number of entries) the results have no official bearing: scores are not kept and points are not awarded.



## Age groups of all sports competitions

Students must be within the age group based on their age on the first day of the respective season (decided by BSSA Committee) e.g. If a student is 12 on the first day of the football season they will be allowed to play the entire football season in the 11-12 year olds.

- Football (August - October): Age 6-8 year olds (Fun, non-competitive), Age 9-10 Boys and Girls Teams, Age 11-12 Girls and Boys Teams, Age 13-15 Boys and Girls Teams and senior (open age) Girls and Boys Teams.
- Volleyball (October - December): Age 9-10 Mixed Teams (friendly, non-competitive), Age 11-12 Girls and Boys Teams, Age 13-15 Boys and Girls Teams and senior (open age) Girls and Boys Teams
- Basketball (January - March): Age 9-10 Mixed Teams (friendly, non-competitive), Age 11-12 Girls and Boys Teams, Age 13-15 Boys and Girls Teams and senior (open age) Girls and Boys Teams.
- Swimming (April): Students will compete only against students of the same age. Age 9,10,11, 12, 13, 14, 15 and Age 16+
- Cross Country (May): Age 10 and under, Age 11-12, Age 13-14, Age 15+
- Athletics (Early June): Students will compete only against students of the same age. Age 9,10,11, 12, 13, 14, 15 and Age 16+





## Other sports events/competitions outside of BSSA

Dyatmika also participates in sporting competitions outside of the BSSA competitions. Participation in such events depends on the sports and the sports season that Dyatmika follows and the availability of staff.

Often these 'outside' events are organised by local clubs or organisations so Dyatmika has no control over when and where the competitions might take place. As such the Physical Education Department will make decisions on whether we can enter such competitions based on:

- The Sport Season Dyatmika is currently in
- Dates, times of the competitions - Not during school time/School Holidays etc
- Staff available to facilitate and supervise the teams during the competition
- Student availability
- Dyatmika's competitiveness in that sport
- Practice and preparation time for the competition
- Cost of entering such competitions





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Sekolah Dyatmika

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## Physical Education and Sport

### Examples of other competitions Dyatmika has entered in the past

#### **Football:**

Local Futsal competitions: ad hoc basis

Dyatmika Junior Football - Hosted by Dyatmika Age Under 12 during Football Season.

#### **Basketball:**

DBL (Developmental Basketball League)

A national Basketball competition usually held in Term 1 or Term 2. Only for Class 10, 11 and 12 Students.

**JB Cup** - A basketball and Futsal tournament hosted by JB school that Dyatmika is invited to participate in (Held in Term 3 Basketball season) - Class 10, 11 & 12 Students

**Dyatmika Cup** - Basketball Tournament hosted by Dyatmika in Term 3 for Class 7-9 Students and Class 10-12 Students.

Junior Dyatmika Cup - basketball Tournament hosted by Dyatmika in Term 3 for Class 3-6 Students.

#### **Multi Sports:**

**PORJAR** (Usually held in March/April)

The local Denpasar government multi-sports competition.

SD (Class 3-6) Teams entered in Basketball

SMP (Class 7-9) /SMA (Class 10-12). Teams or individuals entered based on team numbers/commitment or individual sports based on students that attend outside clubs in that sport.

Other competitions may depend on an invitation from local schools or external organisers.







## Team selection

Team Selection for all sports and activities is based predominantly on age groups permitted to enter.

- In BSSA sports students must be within the specified age range of each age group.
- Other competitions usually have specified age groups and Dyatmika will also adhere to the guidelines set.
- Local competitions usually use the SD, SP and SMA age groups:

**SD** - Primary Students (Class 3-6)

**SMP** - Middle School Students (Class 7-9)

**SMA** - High School Students (Class 10-12)

## Other Selection Criteria

The Dyatmika sports department reserves the right to make all decisions related to the suitability of players selected for its teams. Factors influencing decisions include, but are not limited to:

- A & B Team selection for each Age group is predominantly based on Class groups. Experience has shown students prefer playing together with students from their class, friendship groups.
- Student numbers - numbers of students from each class wishing to participate. In some circumstances students in classes below might be invited to participate in the team up to 'make up numbers' so a team can be entered. Such decisions do not set a precedent for all teams and are taken on a case by case basis. Student safety will also be a factor in these decisions (e.g It would not be considered appropriate for a very young student to play against significantly older, stronger students, regardless of their skill level).
- Ability, Skill, Maturity and previous experience (e.g. Playing for a club outside of school) might be considered when the selection of a team has a maximal entry e.g. Basketball competitions only allow a squad of 12 players to be registered.
- The final selection of all teams will be at the discretion of the PE Department based on their professional judgement, knowledge of players and previous experience of competitions and standard of play.

*It is widely accepted that after the age of 8 is a good age for when competitively focused activities should commence for children. This also aligns with Dyatmika's vision for sports.*

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## Physical Education and Sport

### Awards for students

Students' sporting achievements are celebrated in school assemblies and appropriate certificates may be issued, following recommendations by coaches.



### How can parents support sports at Dyatmika?

Parent support with transport is necessary when fixtures take place off the Dyatmika campus (see below) and this is greatly appreciated. We encourage parents to attend fixtures and support their children, expecting them to support the school's 'sport for all' approach and celebrate performance and enjoyment, not just whether a team wins or loses. We ask that parents ensure their children attend training and fixtures wearing the correct kit and bring items such as sunscreen, water bottles and hats in their bags. We also request that parents involved with transport ensure students arrive on time to fixtures.



## Sport and Physical Activity outside of school

While physical Education is mandatory at Dyatmika, ECA Sport is encouraged, supported and promoted. It is also highly encouraged that if your child has a particular interest in one particular sport, then they should join an outside club to continue their development and enjoyment in that sport. We have had some past and present students that become highly competitive in some individual sports not offered at Dyatmika such as Surfing, Golf, Tennis etc.

It is always nice to know of students' participation, success and achievements outside of school and as such any information relating to this that is shared with the school by parents can be recognised in assemblies, the school newsletter etc.

Dyatmika has a long standing tradition of sport and has an active sports culture within the school from Physical Education classes to Inter house sports competitions. As a result we have had great success in BSSA competitions over the years; for example Dyatmika has won the BSSA Athletics for 12 Years in a row.

In some external 'local' competitions success has still been achieved but when competing against some schools with very large numbers it becomes more about the participation and enjoying the experience. As stated earlier, the objective of Physical Education and Sport at Dyatmika is the encouragement of 'Sport for All'. No matter of ability, sport promotes great values in all students 'A healthy body has a healthy mind'.





## Role of the PTFA in supporting Dyatmika Sports

Since sport is such a focal point for the school, PTFA support is welcomed and encouraged. All requests for support will be made by the Head of PE, and approved first by the School Leadership/ Whole School Executive (WSE) committee; requests are typically for support and refreshments at events, but have been for items in the past that are ideal PTFA projects to further enhance the school's provision e.g. basketball scoreboard.

The PTFA may form a sports subcommittee to coordinate their support for PE and sports. The role of the subcommittee is to:

- Organise parent support for sports events and competitions
- Promote events and competitions amongst the community and assist with the dissemination of information
- Ensure parents understand their roles in providing transport, support, and the guidelines as detailed below







## DYATMIKA SPORT STUDENTS

**D**o shake hands and give three cheers for the other team and officials at the completion of the fixture.

**Y**ou must never forget the golden rule that enjoyment is more important than winning (although winning is nice too).

**A**lways participate by the competition rules and regulations.

**T**hank officials and opponents after the competition.

**M**odesty when winning, dignity if losing. Always maintain your integrity.

**I**f watching a game, or whilst being a reserve, only make positive comments from the sideline.

**K**now that you will achieve your goals. Success takes time, effort and patience.

**A**pplaud positive contributions and good play made by teammates and opposition.

**S**trive for improvements in your physical performances.

**P**erform to the best of your abilities at all times.

**O**perate within the rules and spirit of your sport. Cooperate with coach, teammates, officials and opposition.

**R**espect all participants - team members, opponents, officials and spectators.

**T**eamwork makes the dream work.

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## Physical Education and Sport

### **DYATMIKA SPORT** **Parents/Supporters**

**S**upport your child and the team he/she is involved in.

**U**nconditional appreciation should be given for your child's efforts whether they win or lose.

**P**articipation for young people is more important.. Winning is only part of the fun.

**P**raise and celebrate performance in an appropriate and encouraging manner.

**O**nly show good behaviour. Set an example to students.

**R**espect all participants in the sport competition and treat them courteously.

**T**alk if you have any issues regarding your child's team. Please contact the Head of PE or team coach.

**I**f watching a game, only make positive comments from the sideline.

**N**ever use inappropriate language or harass, physically or verbally, players, coaches, officials or spectators.

**G**ratITUDE and respect for coaches and match officials sets the best example for your children.

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