



**the national  
sport school**  
malta

# **NSS Online Information Meeting for prospective students and parents**

**Thursday 16<sup>th</sup> December 2021**

# Welcome to the National Sport School

# Our School Ethos



***“Inspiring  
Sports  
Excellence  
and  
Academic  
Success”***



# Year 7: Typical Weekly Schedule

	7:45 8:25	8:25 9:05	9:05 9:45	10:10 10:50	10:50 11:30	11:30 12:10	12:40 13:20	13:20 14:00
Mon	Integ. Scien BCP S11Sc ISc		PSD KSS A13Ps PSD	Main Sport SSS Grd MnS Main Sport	Main Sport SSS Grd MnS Main Sport	Main Sport SSS Grd MnS Main Sport	ICT MAI F12Cp ICT	English DEE A087Y Eng
Tue	Maths SJM A087Y Mth	Fitness S&C MAS Gym1 Fit FitnessS	Religious Ed SBR A087Y Rel	Maltese BJM A087Y Mlt	Soc Studies MRS A087Y SSt	English DEE A087Y Eng	French VMF A09It Fre	Religious Ed SBR A087Y Rel
Wed	English DEE A087Y Eng	French VMF A09It Fre	Integ. Scien BCP S08Sc ISc	Maths SJM A087Y Mth	Main Sport SSS Grd MnS Main Sport	Main Sport SSS Grd MnS Main Sport	Maltese BJM A087Y Mlt	
Thu	Nutrition TSN A087Y Nut MQF L2	History MRF A087Y His	Maltese BJM A087Y Mlt	French VMF A057G Fre	Integ. Scien BCP S08Sc ISc	Maths SJM A087Y Mth	Athletics SSS Gym1 Ath Fundamenta	Athletics SSS Grd Ath Fundamenta
Fri	Geography ALG A087Y Ggr	English DEE A087Y Eng		Main Sport 1 SSS Grd3 MnS Main Sport	Main Sport SSS Grd MnS Main Sport	Main Sport SSS Grd MnS Main Sport	Maths SJM A087Y Mth	

# Year 9: Typical Weekly Schedule

	7:45 8:25	8:25 9:05	9:05 9:45	10:10 10:50	10:50 11:30	11:30 12:10	12:40 13:20	13:20 14:00
Mon	French MRF Fre	English CDE G195G Eng		Maltese BJM S01MI Mlt	Accounts CVA F02Ac Acc Option 1		Maths BJm F15Mh Mth	
Tue	French MRF Fre	Biology MMB S12Bo Bio Option 2		Main Sport SSS Grd MnS Main Sport	Main Sport SSS Grd MnS Main Sport	Main Sport SSS Grd MnS Main Sport	Maths BJm F15Mh Mth	Maltese BJM S01MI Mlt
Wed	Physics ZJC Phy		French MRF Fre	Religious Ed SBR F310G Rel	Main Sport DGS Gym1 MnS Main Sport	Main Sport DGS Gym1 MnS Main Sport	Biology MMB S12Bo Bio Option 2	
Thu	English CDE G195G Eng	Maths BJm Mth	Physics ZJC Phy	Main Sport SSS Grd MnS Main Sport	Main Sport SSS Grd MnS Main Sport	Main Sport SSS Grd MnS Main Sport	Accounts CVA F02Ac Acc Option 1	
Fri	English CDE G195G Eng	English CDE G195G Eng	Soc Studies MRS F410Y SSt MQF	Physics ZJC Phy	Maths BJm F15Mh Mth	Religious Ed SBR F310G Rel	Maltese BJM S01MI Mlt	

# General School Policies

[All our school policies are available on our school website](#)

NSS Curriculum Policy

NSS Discipline Policy

NSS Health and Safety Policy

NSS Homework Policy

NSS Locker Policy

NSS Mobile Phone Policy

NSS Nutrition Policy

NSS Psychological Services Policy

NSS School Bags Policy

NSS Sports Policy

NSS Transport Policy

NSS Treatment and Support Policy

NSS Uniform Policy



# Sports School Regulations

- ▶ Students are not allowed to change their main sport discipline
- ▶ All students must abide by the school rules and must follow the school's full academic and sports curriculum.
- ▶ All students must wear the full sports uniform and observe the health and safety regulations as instructed by their sports teachers/coaches





## Canteen & Healthy Eating

- ▶ Healthy Food Policy: Nut-free policy
- ▶ Professional Nutritionist
- ▶ We have a school canteen run by a dedicated team of teachers and NSS staff
- ▶ Only healthy food items & drinks are prepared on the menu set by the nutritionist



# MENU

Monday 29th November – Friday 3rd December

## Mid-Morning Break

*selection from below: -*

- Egg Sandwich
- Olive Tapenade Sandwich
- Baked Sweet Potato Wedges
- Healthy Sweet & Spicy Popcorn
- Qagħaq tal-Hmira
- Seasonal Fruits
- Healthy Desserts
- Rice Rolls



## Mid-Day Break

**Monday 29th:** Pasta with Pesto

**Tuesday 30th:** Homemade Beef Burger with wedges

**Wednesday 1st:** Baked Rice

**Thursday 2nd:** Chicken Drumsticks with mashed potatoes

**Friday 3rd:** Healthy Pizza



# Time Management

# Recent training Water Polo Training Camp - Rome - Ostia





# Continuous online curricular support from teachers during training camps



# Erasmus+ Opportunities

- ▶ KA2 Project: “*Tolerance in Sports*”
  - ▶ On-going project for students
  - ▶ Malta exchange October 2021
  - ▶ Participating countries:
    - ▶ Italy
    - ▶ Lithuania
    - ▶ Poland
    - ▶ Portugal
    - ▶ Turkey



- ▶ Offering students, teachers and staff unique opportunities to learn, explore cultures, experience innovative teaching strategies and share good practices



# Erasmus+ KA1: Tolerance in Sports Malta Exchange October 2021



# NSS Professional Sports Assets

1. Sports Dossier
2. ECG test
3. Fitness tests
4. Coaches' on-going progress reports
5. Physical performance lab
6. Coaches continuous professional development courses
7. Primary school support
8. Post-secondary Sports Scheme





# NSS Performance Tests

- ▶ Physiological, performance, ECG, blood lactate threshold and lower limb explosive tests together with anthropometric measurements will help create an athlete portfolio throughout the forthcoming years.



# Sports Curriculum



# Sports Curriculum: Year 7 & Year 8

Athletics	Badminton	Basketball	Football	Artistic Gymnastics
Handball	Judo	Karate	Rhythmic Gymnastics	Squash
Swimming	Artistic Swimming	Table tennis	Taekwondo	Ten pin Bowling
Tennis	Triathlon	Water Polo	Weightlifting	

Total Number of lessons in Main Sport subject is of 8 lessons per week



# Sports Curriculum

- ▶ Coaches & Venues
- ▶ Physical Performance Lab
- ▶ Level of Sport
- ▶ Sport Opportunities
- ▶ Year 7 & 8 Sport Curriculum - (Main Sport, Fitness, Sport Fundamentals, MQF 2)
- ▶ Year 9, 10 & 11 Sport Curriculum - (Main Sport, MQF 3)





# Accreditation programmes: MQF Levels 2 & 3: Yr7-Y8 & Yr9-Yr11

Year	Subject	Lessons per week
7 & 8	<b>Sport MQF 2</b> Nutrition Psychology Physiology Media	1
7 & 8	<b>Sports Fundamentals</b> Swimming Gymnastics Athletics Weightlifting Technique	2
7 & 8	<b>Fitness</b> Strength & Conditioning	1

Year	Subject	Lessons per week
9-11	<b>Sports MQF L3</b> Social Studies Geography History PSCD Nutrition Psychology Physiology Media	1

# Academic Curriculum

# Academic Curriculum: Years 7 & 8

Subject	Number of lessons per week	Subject	Number of lessons per week
Maths	5	Integrated Science	4
Maltese	4	I.C.T	1
English	5	Foreign Language: French/German/Spanish/Italian	3
Religion/Ethics	2	Main Sports	8
History	1	Sport MQF 2: Nutrition, Psychology, Physiology, Media	1
Geography	1	Sports Fundamentals: Swimming, Gymnastics, Athletics, Weight Lifting technique	2
Social Studies	1	Fitness - Strength & Conditioning	1
PSCD	1		



# Academic Curriculum: Year 9

Subject	No. of Lessons/Wk	Subject	No. of Lessons/Wk
Maths	5	Physics	4
Maltese	4	C3	1
English	5	Foreign Language: French/German/Spanish/ Italian	3
Religion/Ethics	1	Main Sports	8
Option 1	4	Sports MQF level 3 - Nutrition / Psychology/ Physiology / Media and Communication + SGH: Social Studies, Geography, & History & PSCD	1
Option 2	4		

Total Number of lessons per week: 40 Lessons



# MATSEC Exams

- ▶ Despite the challenges in teaching and learning brought about by the Covid-19 pandemic, our students managed to obtain good results in their MATSEC exams with the support and commitment of our dedicated staff.



UNIVERSITY OF MALTA  
MATSEC Examinations

**the national  
sport school**  
malta



# School Facilities





nazzjonalni  
tal-isport

389



**the national  
sport school**  
malta

# Rhythmic Gymnastics





**the national  
sport school**  
malta

# Gymnastics Hall







the national  
sport school  
malta





**the national  
sport school**  
malta

# Squash Court



**COURTECH**  
WE MAKE COURTS



**the national  
sport school**  
malta

# **Weightlifting Gym**





**the national  
sport school**  
malta

# Fitness Gym













**the national  
sport school**  
malta

# Athletics





**the national  
sport school**  
malta

# Triathlon



the national  
sport school  
malta



**the national  
sport school**  
malta

# Physiotherapy Clinic



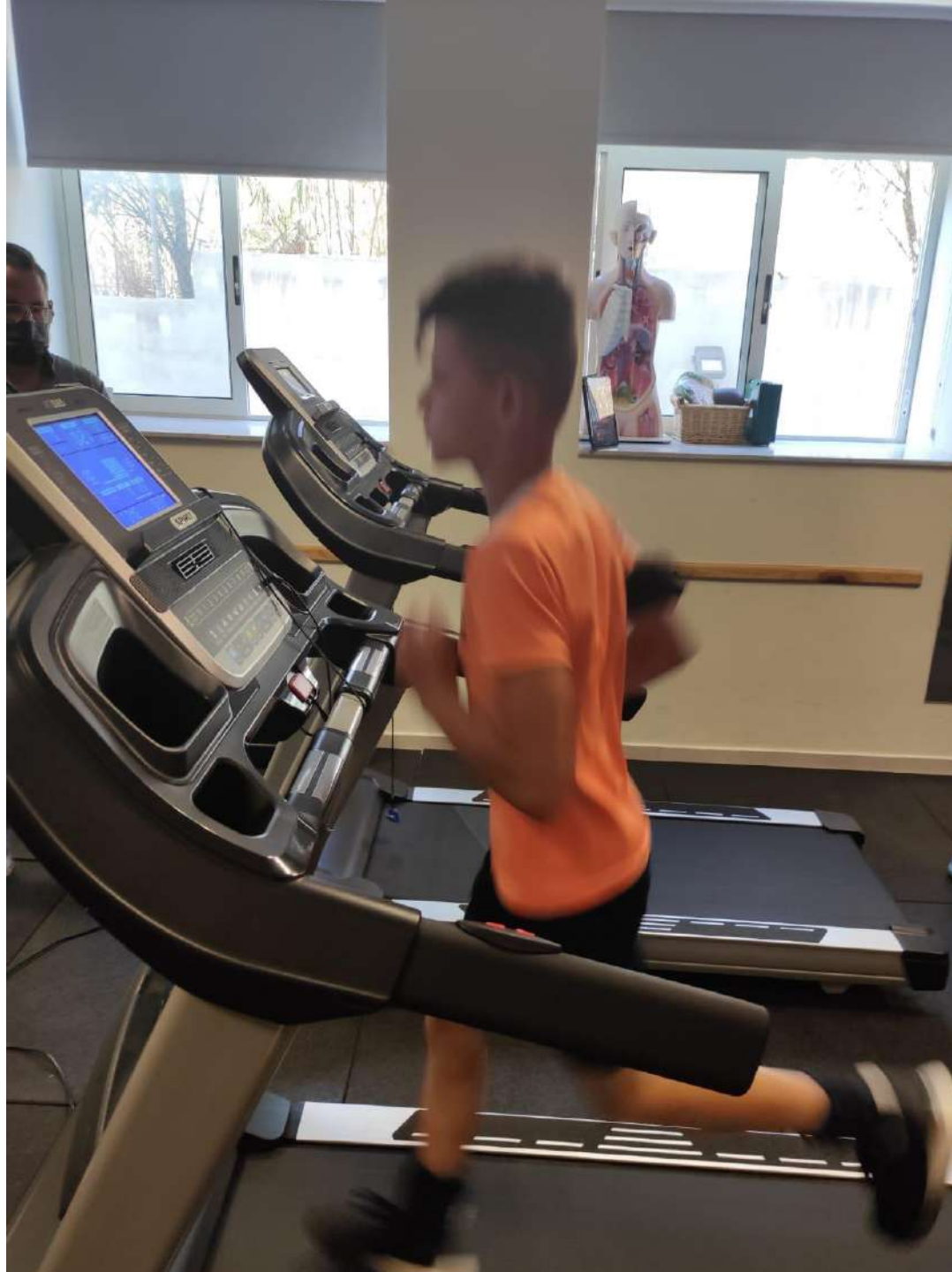


the national  
sport school  
malta



**the national  
sport school**  
malta

# Physical Performance Lab





**the national  
sport school**  
malta

# Changing Rooms





**Information Meeting for  
Parents of Prospective  
Year 7 Students  
Application and Selection Process**

**Scholastic Year 2022-23**

# Entry Criteria & Regulations for prospective applicants born in 2011



# Application Form for entry in Year 7 - Applicants born in 2011

Applications open on Tuesday 1<sup>st</sup> March 2022

Closing Date - Friday 25<sup>th</sup> March 2022

Preselection Football Applications from Monday 3<sup>rd</sup> January - Friday 21<sup>st</sup> January 2022

# Available Vacancies for prospective students in Year 7

- ▶ For Scholastic year 2022-23
  - Total Number of vacant places is of 46, of which:
    - 12 vacancies are reserved for Football outfield players
    - 2 vacancies are reserved for Football goalkeepers
    - 1 Paralympics athlete
    - 1 Special Olympic athlete
    - Minimum of 3 Water polo players including 1 goalkeeper
    - Minimum of 3 Basketball players
    - 24 vacancies are reserved for other Sport Disciplines

# Overall Marking Scheme

## ▶ 60% for the **Sport Practical Test**

- Sport Practical Test Assessment Criteria are available from the National Sport School website

## ▶ 30% for the **Benchmark Examinations**

- A minimum threshold of **45%** in any **two core subjects** and **35%** in **one of the three core subjects**: Maths, Maltese and English

## ▶ 10% for the **Interview**

- To be able to sit for the interview applicants must pass their **Practical Sport Test** and obtain the minimum threshold in the core subjects as mentioned above.

# General Information regarding Examinations and Publication of Results

# Examinations

- ▶ Applicants are to sit for the Benchmark examinations in Mathematics, Maltese and English
- ▶ Two benchmark examination sessions will be held in May and in June
- ▶ Foreigners are exempt from sitting for the Maltese exam if they have been living in Malta for less than 2 years

# Publication of Results

- ▶ The Selection Board shall issue results within 5 working days after receipt of the final ranking
- ▶ Results shall be available from the **Customer Care section, Ministry for Education, Floriana** or from the **Office of the College Principal, Triq l-Ewropa, Victoria, Gozo**
- ▶ Any queries about the selection process are to be sent to the Selection Board via email - ***scc.nss.boardselection@ilearn.edu.mt***

# The Selection Board

- ▶ The Selection Board is appointed by the Ministry for Education (MFED). The MFED runs the selection process in an entirely autonomous manner, distinct from the school administration.
- ▶ The school administration is **not** involved in the selection process including sports trials, written examinations and interviews.



## National Sport School Football Selection Process Timeline

Phase	Date/s	Notes
Online meeting on Microsoft Teams	Thursday 16 <sup>th</sup> December 2021 from 9.30am to 11.00am	For parents of applicants into Year 7 (born 2011).
Online meeting on Microsoft Teams	Thursday 16 <sup>th</sup> December 2021 at 11.00am	For parents of football applicants into Year 7 (born 2011)
Football pre-selection Application	Monday 3 <sup>rd</sup> January 2022 to Friday 21 <sup>st</sup> January 2022	Applications will be available online on the school website and must be sent to: joe.mallia@mfa.com.mt
Football trials: Applicable to all students	February 2022	Applicants will be contacted by the MFA.
NSS applications open: applicable only to the 28 students shortlisted by the Malta Football Association	Tuesday 1 <sup>st</sup> March 2022	Applications will be available online on the school website or from the Customer Care/One Stop Shop Office, Directorate for Educational Services, Floriana or from the Office of the College Principal, Triq l-Ewropa, Victoria, Gozo.
NSS applications close	Friday 25 <sup>th</sup> March 2022	All applications for entry to the National Sport School must be submitted at the Customer Care/One Stop Shop Office, Directorate for Educational Services, Floriana or at the Office of the College Principal, Triq l-Ewropa, Victoria, Gozo, by this date at noon.
Football trials: Applicable only to the 28 students shortlisted by the Malta Football Association	From Monday 4 <sup>th</sup> April to Friday 27 <sup>th</sup> May 2022	Applicants will be contacted by the MFA.
Academic examinations for applicants into Year 7	First session: To be held on three separate days between Tuesday 24 <sup>th</sup> and Tuesday 31 <sup>st</sup> of May 2022. <ul style="list-style-type: none"> <li>• Maths</li> <li>• English</li> <li>• Maltese</li> </ul> Second session: To be held between Monday 13 <sup>th</sup> June and Friday 17 <sup>th</sup> June 2022.	Applicants will sit for the National Benchmark Exams
Interviews for applicants to Year 7	Between Monday 11 <sup>th</sup> July to Friday 22 <sup>nd</sup> July 2022.	Successful applicants must achieve a minimum threshold of 45% in any two core subjects and 35% in one of the three core subjects: Maths, Maltese, and English.
Publication of Results	By Friday 29 <sup>th</sup> July 2022.	Results will be available at the Customer Care/One Stop Shop Office, Directorate for Educational Services, Floriana or at the Office of the College Principal, Triq l-Ewropa, Victoria, Gozo.





## National Sport School Other Sports Selection Process Timeline

Phase	Date/s	Notes
Online meeting on Microsoft Teams	Thursday 16 <sup>th</sup> December 2021 from 9.30am to 11.00am	For parents of applicants into Year 7 (born 2011).
NSS applications open	Tuesday 1 <sup>st</sup> March 2022	Applications will be available online on the school website or from the Customer Care/One Stop Shop Office, Directorate for Educational Services, Floriana or from the Office of the College Principal, Triq l-Ewropa, Victoria, Gozo.
NSS applications close	Friday 25 <sup>th</sup> March 2022	All applications for entry to the National Sport School must be submitted at the Customer Care/One Stop Shop Office, Directorate for Educational Services, Floriana or at the Office of the College Principal, Triq l-Ewropa, Victoria, Gozo, by this date at noon.
Practical Assessment	From Monday 4 <sup>th</sup> April to Friday 27 <sup>th</sup> May 2022.	Candidates shall be contacted by their respective Sports Federation or Association
Academic examinations for applicants into Year 7	<p>First session: To be held on three separate days between Tuesday 24<sup>th</sup> and Tuesday 31<sup>st</sup> of May 2022.</p> <ul style="list-style-type: none"> <li>• Maths</li> <li>• English</li> <li>• Maltese</li> </ul> <p>Second session: To be held between Monday 13<sup>th</sup> June and Friday 17<sup>th</sup> June 2022.</p>	Applicants will sit for the National Benchmark Exams
Interviews for applicants to Year 7	Between Monday 11 <sup>th</sup> July to Friday 22 <sup>nd</sup> July 2022.	Successful applicants must achieve a minimum threshold of 45% in any two core subjects and 35% in one of the three core subjects: Maths, Maltese, and English.
Publication of Results	By Friday 29 <sup>th</sup> July 2022.	Results will be available at the Customer Care/One Stop Shop Office, Directorate for Educational Services, Floriana or at the Office of the College Principal, Triq l-Ewropa, Victoria, Gozo.

# National Sports School Informative Video

To view the video kindly visit our school website -

<https://nss.skola.edu.mt/>

Or visit our school Facebook page -

<https://www.facebook.com/nssmt/>



# Questions