

# Health and PE

## **Rationale:**

The Health & Physical Education program promotes lifelong participation in physical activity through the development of positive attitudes and skills.

## **Aims:**

Health and Physical Education aims to develop in students:

- An understanding that health has physical, social and emotional dimensions
- Knowledge and skills to plan, implement and evaluate actions to promote health and safety
- An understanding of the physical, social and emotional development across the human lifespan to promote the students' health and wellbeing
- Experience as an increasingly skilled participant in play, games, dance, gymnastics, aquatics, sport, outdoor activities and recreation
- An understanding of how food provides nutrients for energy and growth, how it plays a significant social role in people's lives, and how to select food to promote health and growth
- Promote enjoyment and active involvement for all students
- Promote fair play and teamwork
- Raise young people's levels of physical competency
- Create links to the wider community sporting clubs and organisations
- Ensure an increase in the participation rate of young people in physical activity

## **Implementation:**

- All students at our school will study sequential Health and Physical Education courses based upon the standards in Victorian Curriculum.
- Classroom teachers are required to work with their teams to develop and implement a joint Health course for all students, while an appointed physical education teacher will provide a sequential PE skills and sporting program for all students when possible.
- Learning opportunities must be provided that cater for the identified needs of each student.
- Student progress in both Health and Physical Education will be reported in half and end of year academic reports.
- Specialist PE classes will be timetabled for all grades each week where the SRP allows employment of a PE teacher
- Budgets that provide for the needs of both the Health and Physical Education programs will be and resourced by school council
- Students in Grade 5/6 will participate in weekly interschool sports matches during Terms 1 & 2.
- All students in Grade 3 to 6 participate in school athletics.
- All students in grades 1 to 6 participate in school cross-country.
- Students in grades 4 to 6 to participate in interschool athletics. Selection to participate in interschool athletics and cross-country will ensure that all students have the opportunity to try out.
- Students that are unable to participate in PE due to injury or ill health will be required to present a note from parents/guardians to the PE teacher.
- As per the 'Sunsmart Policy', the wearing of broad brimmed hats from September through to the end of April while involved in outdoor PE or sport is required.

## **Evaluation:**

- This policy will be reviewed as part of the school's three-year review cycle.