HEALTH & PHYSICAL EDUCATION POLICY

Rationale:
For a student to perform to, and beyond, their abilities they need to be active and healthy. Physical Education is vital and unique in its contribution to a student's physical, social and emotional development and wellbeing. The program encourages participation in physical activity through the development of attitudes, skills and movement competence.

Purpose:
• To promote an active and healthy lifestyle, and equip students for lifelong participation in physical activity through the development of motor skills and movement patterns.
• Develop the student's knowledge of people living, working and learning cooperatively together for the enhancement of individuals, communities and the environment.

Implementation:
• The Health and Recreation program will incorporate aspects of Health, Social and Physical components, including drug education, nutrition, personal development, physical education, PMP, swimming, safety, self-esteem, camps, excursions, incursions and social competencies.
• The Health & Physical Education domain is an essential component of the Physical, Personal and Social Learning Strand of the Victorian Essential Learning Standards. Students will participate in a timetabled one-hour lesson of Physical Education each week where an appointed Physical Education teacher will provide a sequential Physical Education skills and sporting program for all students. Students explore the Health section through an inquiry approach based on the schools 2-year integrated curriculum cycle.
• Every 2 years the Life Education van will visit the school to enhance student's awareness of drug education. This will be complemented by students completing additional drug education lessons in class.
• Use and evaluate services, products and facilities in the local community that promote health and participation in physical activities as well as understanding rights and responsibilities.
• Ensure that all camps, excursions and incursions are complementary and/or supplementary to the focus and the understandings being carried out within the integrated curriculum. All out of school activities eg: camps, excursions, sporting days and local trips must be entered into the emergency and security management site.
• Develop an understanding of basic nutrition for energy, growth and the body's physical functions.
• Promote student understanding of health and safety issues.
• The Physical Education teacher will be responsible for coordinating the school's athletic, swimming, PMP, inter-school sports program and Active After School Community program.
• The Health and Recreation program leader will develop a yearly budget that will outline the purchases of resources to enhance the Health and Physical Education program.

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