

# Health and Physical Education Policy

St Albans East Primary School



Date: May 2015

Rationale	<p>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 wellbeing. A main focus is the development of skills and movement competence, knowledge, understandings and attitudes necessary for successful participation in physical activities.</p>
Aim	<ul style="list-style-type: none"><li>• 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.</li><li>• Develop the student's knowledge of people living, working and learning cooperatively together for the enhancement of individuals, communities and the environment.</li></ul>
Implementation	<ul style="list-style-type: none"><li>• The Health and Physical Education program will incorporate Health, Social and Physical components, including drug education, nutrition, personal development, physical education, PMP, swimming, safety, self-esteem, camps, excursions, incursions and social competencies.</li><li>• The Health and Physical Education domain is an essential component of the Physical, Personal and Social Learning Strand of the AusVELS 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 school's 2-year integrated curriculum cycle.</li><li>• 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.</li><li>• 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.</li><li>• 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: <a href="http://www.eduweb.vic.gov.au/forms/school/sal/enteractivity.asp">www.eduweb.vic.gov.au/forms/school/sal/enteractivity.asp</a>.</li><li>• Develop an understanding of basic nutrition for energy, growth and the body's physical functions.</li><li>• Promote student understanding of health and safety issues.</li><li>• The Physical Education teacher will be responsible for coordinating the school's athletic, swimming, PMP, inter-school sports program and Sporting Schools program.</li><li>• 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.</li></ul>

Evaluation

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

Review Year

2018