

POLICY NO. CUR009 (Previously #14) HEALTH AND PHYSICAL EDUCATION

Written by: Travis Stevenson in consultation with the Education Sub Committee

Date approved by School Council: 12th November, 2012

Rationale:

Physical Education educates students in, about and through movement. Movement involves students taking part in a variety of physical activities designed to develop an understanding of the body and its movement potential.

Movement is also the medium for exploring and developing human relations and safety concepts. The development of social skills and safety concepts is an explicit outcome of the physical and sport education program of this school.

Physical education is a term that incorporates a wide range of physical activities. These include fitness, movement, recreation, health, games and sport, plus the values and knowledge of each.

Physical education should help students to develop the competencies and beliefs necessary for incorporating regular physical activity into their lives.

Sport is part of Australian culture. School is often where students first participate in organised sport. It is important these experiences be positive for students to continue a lifelong association with sport.

Sport education is a part of physical education that includes the development of sport skills, an understanding of the origins and rules of various sports, and an appreciation of the codes of behaviour. Sport education builds on the knowledge, skills, attitudes and values gained through physical education.

Aims:

- Provide a well-balanced, comprehensive program based on Victorian Essential Learning Standards covering the following areas:

Athletics	Ball handling / Fundamental Motor Skills
Fitness	Gymnastics / Movement
Dance	Games / Sport Education
Aquatics	Outdoor Adventure Activities

- The Physical education program aims to provide all children with the opportunity to:
 - (a) Be involved in a range of movement experiences that enhance optimal growth and development.
 - (b) Develop confidence and competence in the acquisition of basic motor skills that will enhance participation in a variety of physical activities.
 - (c) Attain and maintain a level of fitness that will allow the individual to perform daily tasks with control, efficiency and effectiveness.
 - (d) Experience fun and enjoyment through participation.
 - (e) Develop social skills that will enable students to function effectively in interpersonal relationships.
 - (f) Develop a positive attitude towards exercise and a healthy lifestyle.

By providing the children with the appropriate knowledge, skills, understanding and motivation they will have the necessary tools to seek health and physical well-being through lifelong involvement in physical activity.

Teaching and Learning Strategies:

To give students every opportunity to participate and succeed in Physical and Sport Education, teachers need to focus on the following aspects of teaching and learning:

- Communicate effectively
- Provide an environment that encourages maximum participation
- Support students having difficulty
- Be aware of the needs of students from other cultures
- Keeping the learning environment safe
- Be a good role model
- Reflect on the quality of outcomes.

Teaching Approach:

1. Physical Education

- Provide opportunities for all children to experience success.
- Provide feedback to individuals in a private setting to avoid embarrassment.
- Focus on the mastery of the Fundamental Motor Skills.
- Engender a commitment to regular moderate physical activity through the development of positive attitudes and self-worth.

2. Sport Education

- Reduce the emphasis on winning and losing.
- Focus on maximum participation.
- Encourage self-control and respect for others.
- Provide modification and structures to ensure that all rules and dimensions of the game are appropriate to the skill level of the participants.
- Promote enjoyment and active involvement for all children.

Implementation:

Physical Education Coordinator

A Physical Education Coordinator will be appointed by the Principal each year and will have the responsibility for ensuring that the policy is implemented throughout the school.

Time Allotment

Grade Level	Activity
P to 6 students	1x physical education session weekly
Grade 5 and 6	Additional 60 to 90 minutes of sport
Grade 3 and 4	Additional 60 minutes of sport
Grade 1 and 2	1x session of Fundamental Motor Skills per week
Prep	1x session of Perceptual Motor Program (PMP) per week



Sunsmart Policy

As per the school's "Sunsmart Policy" the wearing of broad brimmed hats during 1st and 4th Terms while involved in outdoor P.E. or sport will be required. ([need to amend when Sunsmart amended](#))

Swimming

During the year each child from Prep – Grade 4 will be offered the opportunity to participate in a School Swimming Program. Should there be insufficient numbers to make the participation of a year level viable that year level will not participate during that year. The cost of the program will be an additional payment to the "Excursion Levy." All components of the program will meet DEECD requirements for school swimming. Students in Grades 5 and 6 will be provided the opportunity to participate in a school Beach Program. The cost of the program will be an additional payment to the "Excursion Levy" and will meet the aquatic components of the DEECD.

Unable to Participate

Children who are unable to participate due to injury or ill health will be required to produce a note to the physical education teacher. Children will be excused from Physical Education if their religious or cultural beliefs are in conflict with a given activity.

Inter-school Sport

The school will participate in the following Sport Association Days:

- CPDPSSA Swimming - Grades 4, 5 & 6
- CPDPSSA Cross Country - Grades 4, 5 & 6
- CPDPSSA Athletics - Grades 4, 5 & 6
- CPDPSSA Summer Sport - Grades 5 & 6
- CPDPSSA Winter Sport - Grades 5 & 6

These events are total participation sporting activities with all children from the above grade levels participating. From these events children will be selected to participate in District, Zone, Regional and State Carnivals.

EVALUATION:

This policy will be reviewed as part of the CHPS three year review cycle.