

# PHYSICAL EDUCATION

## POLICY

### **Introduction:**

Physical Education educates students in, about and through movement.

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 an all encompassing term for a wide range of physical activities. These include fitness, movement, recreation, health, games and sport, plus the values and knowledge of each.

### **Aims:**

- Provide a well balanced, comprehensive program based on AusVELS Standards dimensions covering the following areas –
- 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.
- 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:**

- 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.
- Students in P-2 will be timetabled for weekly 45 minute Physical Education sessions, while students in 3-6 will be timetabled for Sport, PE lesson and Huff 'n' Puff.
- As per the school's "Sunsmart Policy" the wearing of hats during Terms 1 and 4 while involved in outdoor P.E. or sport will be required.
- Parents assisting with School Sport Programs are required to have a Working with Children Check.

During the year each child will be provided with the opportunity to participate in a School Swimming Program. The cost of the program will be an additional payment to the “Excursion Levy.” All components of the program will meet DET requirements for school swimming.

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 participating 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 –

Inter-School Cross Country	(Grades 5 & 6)
Inter-School Summer Sport	(Grades 5 & 6)
Inter-School Winter Sport	(Grades 5 & 6)
Inter-School Athletics	(Grades 3, 4, 5 & 6)
Inter-School Swimming	(Grades 3, 4, 5, & 6)

From these events children will be selected to participate in Zone and State Carnivals.

#### Evaluation:

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

This policy was last ratified by School Council in....

**July 2016**