



# Physical Education

---



## Help for non-English speakers

If you need help to understand the information in this policy, please contact Xiaomei Lin 9801 7450

## 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 the Victorian Curriculum dimensions covering the following areas:

- 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
- g. Provide the children with the appropriate knowledge, skills, understanding and motivation, so they will have the necessary tools to seek health and physical well-being through lifelong involvement in physical activity
- h. Provide modification and structures to ensure that all rules and dimensions of the game are appropriate to the skill level of the participants.

### **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 additional intra-level games

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 Bulk 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 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)
Inter-School Basketball	(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 in accordance with the school's three-year review cycle.

---

**Last ratified by School Council in August 2025**