



HEALTH AND PHYSICAL EDUCATION POLICY

Rationale:

Physical Education and Health provides an opportunity for students to develop positive attitudes, behaviours and skills that promote an understanding of maintaining good health.

Purpose:

1. To actively encourage and promote in children a positive attitude towards themselves, others and the environment.
2. To develop children's understanding of their responsibilities with regard to health knowledge, attitudes and practices.
3. To teach children skills which will enable them to be safe in the home, school and community.
4. To focus the attention of the whole school community on the concept of health and nutrition.
5. To teach the skills necessary for effective, safe performance in games, athletics, gymnastics and dance using appropriate equipment in a non-threatening environment.
6. To encourage the development of socially desirable attitudes and values and pursuit of worthwhile, leisure-time activities so that children may become active for life.
7. To encourage participation in regular physical activities as an enjoyable and health promoting experience.

Guidelines for Implementation:

1. All children will receive a balanced program based upon the framework provided by Department of Education and the Victorian Essential Learning Standards and the suggested time to be spent at each grade level on P.E./Health.
2. A whole school approach will ensure that fundamental motor skills and all components of the P.E./Sports program will be implemented.
3. Health is an integral part of the curriculum and as such will be taught both formally and incidentally within the school program.
4. Conduct of outdoor P.E. activities will be consistent with the SunSmart Policy.
5. The P.E./Health Program budget will provide for equipment, affiliation fees and teacher professional development, managed by the Curriculum Committee and Health and Physical Education Coordinator.
6. Through liaison with District P.E. Committee and community organisations/facilities, children will participate in a range of selected clinics and programs to increase and support their physical development. Some school teams may compete outside normal school hours.
7. Involvement of parents will be promoted. The school will conduct programs and special events, which encourage parents to become involved at home and school in their children's P.E./Sport Programs. These parents will be expected to be conversant with the Aussie Sport Code of Behaviour Manual for Parents, Coaches and Officials.
8. The selection of school teams will provide the chance for all children to be considered, considering equal opportunity issues, an ongoing interest displayed in the sport, safety issues, the guidelines laid down by various sporting groups whilst also allowing for children who have special abilities in this area. All students from Grades 5/6 will be encouraged to participate in at least one external sporting event.

9. Through the year there are a number of occasions where the school will support students who perform at a high standard through participation in selected sports programs. As we do not have the staff to take students to these events it is proposed that:
- We encourage and support high performing students to participate in such events.
 - We assist in coordinating their entries.
 - We seek interested responsible parents to take these children to and from the events, as well as to provide supervision for the students during the time they are at the event.
 - Supervisors will be required to provide a Working with Children's Check.

Resources:

Victorian Education Learning Standards (revised edition 2008)
DET-Policy and Advisory Guide