

**Purpose:**

Health/Physical Education aims to enable all students to:

- develop a positive attitude to physical activity and active participation in sport
- develop skills and concepts that will enhance students' personal development including managing and resolving conflicts, being resilient, developing a strong sense of self and appropriate health values
- develop an awareness of the importance of physical activity and fitness to enhance their own and others' health and wellbeing for an enjoyable healthy lifestyle
- develop social awareness and 'positive team and sportsperson ship skills' working towards positive social relationships for life
- develop the Fundamental Motor Skills foundations in the early years which enables children to engage and be physically active in all sports for life
- recognise the importance of the body, how it is shaped, exercised and nourished within and across cultures.

**Guidelines:**

The teaching of Physical Education and sport will:

- be taught at all levels of the school as outlined in the Victorian Curriculum
- ensure the development of fundamental motor skills and game sense
- reflect a combination of fitness, skills, health, games and sport
- encourage students to pursue sporting activities in their leisure time – in and out of school
- encourage students to show good sportsmanship
- provide opportunity for students to participate in a range of traditional and non-traditional sporting activities
- emphasise enjoyment while participating in physical activity
- recognise and celebrate the sporting achievements of students
- be inclusive of all students
- involve the use of community facilities, local sports groups and instructors.

**Implementation:**

- Physical Education Specialist will implement the Physical Education Program (these sessions will be of 60 minute duration from Prep to 6 once a week)
- Students in years P-6 will be offered to participate in an 8-week swimming and water safety program to be conducted by qualified instructors at a local venue
- Grades 5 and 6 will be given the opportunity to participate in both summer and winter inter-school sport with the children not involved being given an alternate sports program to develop specified sport skills
- Link with Universities to involve instruction/programs from Physical Education Pre Service Teachers
  
- Provide opportunities for afterschool sporting activities to be held at the school from community sporting groups
  
- Field teams in both Winter and Summer Inter-school Sport Program (Terms 1 &2)
- Participate and support students' participation in various district, divisional, regional and state sporting events
- Permanently timetable grade 3 and 4 sport sessions throughout the year for an extra hour block to incorporate a SEPEP program and supplemented training sessions for future Interschool Sports competitions

- Permanently timetable Foundation students in a one hour PMP program per week with assistance to be available at each activity
- Operate an Intra-House athletics carnival competition during term 3 across the whole school
- PE Staff to deliver relevant Professional Development to classroom teachers to enhance extra physical activities
- Allocate for every grade to have an allocation of sport equipment for borrowing purposes that will be based in the classroom
- Conduct a major stocktake annually of all PE/Sport and PMP equipment
- Continue to maintain and upgrade the equipment
- PE and Sport budgets to be maintained by the Physical Education Specialist
- Assessment in Physical Education will
  - be aligned with the Victorian Curriculum
  - include goal setting and self-evaluation by children
  - emphasise participation and attitudes
  - Involve regular and ongoing evaluation by specialist teacher, including: informal observations, anecdotal records or checklists, discussions, self and/or peer assessment, demonstrations, competitions, reports
  - be linked to mid-year and end of year reports.

**Evaluation:**

This policy will be reviewed with staff, student, parent and community input as part of the school's three-year review cycle.