



HEALTH AND PHYSICAL EDUCATION POLICY

Preamble/Rationale:

Health and Physical Education is linked to the physical, emotional and mental relationship between people and their environment, and the effect of the environment on people's health. Health and Physical Education is concerned with all aspects of human growth and development. It includes issues related to personal and social health, people and food, human development and safety. It provides students with the knowledge, skills and behaviours necessary for the pursuit of lifelong involvement in physical activity, health and wellbeing.

Purpose:

- To achieve health and well being through an awareness of health education and the importance of physical activity.
- To enable students to confidently and competently develop and justify views about issues relating to the health and physical well being of individuals and the community.
- To ensure a continued appreciation and understanding of positive physical activity involvement and health concepts.

Implementation:

- Health and Physical Education will be taught as separate programs – a Health Program that will be taught by classroom teachers (this may be via the Integrated Curriculum) and a PE Program that will be taught by a specialist PE teacher.

Health Program:

- It will develop an understanding of the use of food to provide nutrients for energy, growth, repair and regulation of the body's physical functions. This will enable children to develop the background knowledge necessary to make informed decisions on health, physical activity issues and healthy practices.
- It will encourage an understanding of the importance of balancing physical, social and mental aspects of health in the effective functioning of individuals.

Physical Education Program:

- It will be taught as a specialist program from P-6
- It will encourage students to engage in physical activity, games, sport and outdoor recreation as this contributes to a sense of community and social connectedness – vital components of improved wellbeing.
- Students in Grades Prep-4 will be involved in a swimming program
- Grade 5/6 students will be involved in Interschool Sport.
- Teachers will be encouraged to take outside physical activity and game sessions additional to PE once a week.

Other resources/organisations that may be used:

- Students are to have water bottles in classrooms especially during Terms 1 & 4.
- Teachers are to encourage fruit snacks in class time.
- All students will be made aware of the school's Sunsmart Policy.

- All grade 6 students will have the opportunity to participate in a Family Life program.
- All students from Prep to Grade 6 will have the opportunity to attend the Life Ed Van every two years.
- All students from Prep to Grade 6 will be involved in weekly social skills program lessons. Staff will regularly discuss and incorporate the School Values into their programs.
- Emotional and mental health and well being are addressed through You Can Do It Program, Quality Beginnings Program, CASEA and the Guidance Officer.
- Students from P-6 will regularly participate in programs that provide community, local and global awareness eg raising funds for a World Vision Sponsored child, MS Read-a-thon, Daffodil Day etc.

Assessment:

- Assessment in Health and Physical Education using VELs will be ongoing – checklists, anecdotal notes, tests
- Progression points and rubrics will be used.

This policy was ratified by School Council in 2008
This policy will be reviewed in 2011