Health, Sport & Physical Education Policy
(Ratified by School Council May 2015)

PURPOSE:

Health and Physical Education is an important part of each student’s physical, social and emotional development. It teaches students about their health, safety and wellbeing while actively participating through physical activity in varied and changing contexts. Health and Physical Education educates students in, about and through:

- Fitness
- Movement
- Recreation
- Health
- Games and
- Sport.

Priority is placed on ensuring that students’ experiences are positive to promote a lifelong engagement and continued participation in physical activity.

GUIDELINES:

- Participation in the Health and Physical Education curriculum should be enjoyable.
- Student safety is paramount when inside the school grounds (home) and when involved in sporting programs outside the school grounds (away).
- Students are encouraged to pursue a range of active leisure time activities.
- Students will develop appropriate and acceptable social behaviours in line with our Engagement and Wellbeing Policy.
- Students identify healthy eating habits and develop the knowledge and skills to make informed decisions on nutrition and dietary practices.
- Students will identify characteristics of fair play and honest competition. Sporting behaviour will be built on our whole school program “You Can Do It” and focus on developing “sportsmanlike” conduct.
- Fostering a positive self-image and self-esteem in students.
- Encouraging all students to view themselves as having lifelong sporting options.
- To develop the student’s skills, in all areas, to their individual capability.
- Students should develop an understanding of their emotional and physical growth and development.
IMPLEMENTATION:

General

- A Health and Physical Education Teaching and Learning Leader will be appointed each year and will have the responsibility for ensuring that the policy is implemented throughout the school.
- Budget expenditure is to be coordinated by the Health and Physical Education Teaching and Learning Leader. They are responsible for allocation of funds and the purchase of resources to support the program.
- All students will have access to the program.
- Sports equipment to be provided in each classroom for borrowing at recess and lunchtime to encourage active play.
- Students in Year 6 to be given priority when filling teams to compete in interschool sports competitions.
- Connections will be built with external groups and associations to enhance the Health, Sport and Physical Education program.
- Regular communication between parents, students and teachers will take place in order to promote and enhance the Health and Physical Education program across the school.
- Students will be given the opportunity to attend District and Zone trials and events in a range of sports including Swimming, Basketball, Soccer, Athletics and Tennis, where suitable.
- An annual school Athletics Day and Cross Country event will be organized each year for all students in years 3-6.
- The Life Education Van will be coordinated to visit the school every two years, and work with students from Years Prep to 6. This cost will be passed on to participants.
- A swimming program will be made available to all students within the school each year; with the cost to be covered by participants.
- In accordance with the school’s “Sun Smart Policy”, the wearing of broad-brimmed hats between September 1st to 30th April is compulsory for outdoor activities.
- The school will assist in organising opportunities for students to participate in outside school hours extra-curricular sporting activities on a user pay basis.
- If a student is unable to participate in a P.E or sport session due to injury or illness, then a letter of non-participation is required from a parent or doctor.
- In Year 6, in accordance with the guidelines on Sexuality Education provided by the Department of Education and Training (VIC), Sexuality Education will be provided in Year Six by an external provider. Course content will be explained to parents at a Parent Information Evening conducted at the school, prior to the program’s commencement.
Lesson Structure

The effective teaching of Health and Physical Education incorporates a varied response depending on the lesson’s content.

Each Visual Art lesson is to be based upon the Gradual Release of Responsibility and may include

- **The Warm-Up:** (1-2 minutes)
  Engage the students: ‘WALT’

- **The Mini Lesson:** (5 – 15 minutes)
  Identify and articulate the Visual Art ‘WILF’ and ‘TIB’

- **The Learning Task:** (40 – 45 minutes)
  Do your teaching – explicit and targeted

- **Share/Reflection:** (2-7 minutes)
  Discuss Visual Art Learning referring back to ‘WILF’

Planning:

- Every class is to be timetabled for one hour of Physical Education each week with a Specialised Physical Education teacher.
- The Health and Physical Education program will be planned in accordance with the Australian National Curriculum Health and Physical Education achievement standards.
- Planning will cater to the needs of students with special behavioural, intellectual and physical needs.
- Students will identify links between physical and sport education and other curricular activities.
- Planning will provide a range of experiences and activities that take into consideration all students’ interests and previous experiences.
- Transferable skills will be taught so that they can be transferred to activities or games both in and out of school.

Assessment and Reporting:

The assessment and reporting of Health and Physical Education is to be conducted in line with the Assessment and Reporting Schedule which is reviewed and produced by the Assessment and Reporting SSP Team each year.

During Semester One a portfolio piece is explored by each student in a written reflection and then used during a student led conference involving parent, classroom teacher and student. A written and graded report is provided by the Health and Physical Education Teacher for each student towards the end of Semester Two.
RELATED LEGISLATION:

The following guidelines are provided by The Department of Education and Training (DET).
AusVELS Curriculum Guidelines

RELATED POLICIES:

- Engagement and Wellbeing Policy
- Sun Smart Policy
- Curriculum Policy
- Assessment & Reporting Policy
- Perceptual Motor Program Policy
- Equal Opportunity Policy
- House System Policy
- Outdoor Education Policy
- Students with Disabilities Policy
- Swimming and Water Safety Policy

POLICY EVALUATION:

Evaluation will be conducted every two years by the Policy Review (Education) Sub Committee of the School Council.

DUE DATE FOR REVIEW:

Due for review in May 2017.