

PHYSICAL EDUCATION POLICY

1. Rationale:

- 1.1 Physical Education provides students with the knowledge and skills necessary for becoming healthy, fit and confident to participate in a range of team and personal sporting and fitness activities in school and leisure pursuits.
- 1.2 By providing the children with the appropriate knowledge, skills, understanding and motivation they will have the necessary tools to seek health and physical well being through lifelong involvement in physical activity.
- 1.3 Sport is part of Australian culture. School is often where students first participate in organised sport. It is important these experiences be positive for students to continue a lifelong association with sport.

2. Aims:

- 2.1 To provide a well balanced, comprehensive program based on AUSVELS, Victorian Curriculum and PYP learning outcomes covering a wide range of physical activities.
- 2.2 To educate students in, about and through movement. Movement involves students taking part in a variety of physical activities designed to develop understanding of the body and its movement potential.
- 2.3 Through movement to have students explore and develop 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.
- 2.4 Through physical education help students to develop the competencies and beliefs necessary for incorporating regular activity into their lives.
- 2.5 To provide all children with the opportunity to –
 - (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) Develop team and a sporting attitude.

2.6 Sport education will include the development of sport skills, an understanding of the origin and rules of various sports, and an appreciation of the codes of behaviour. Sport education builds on the knowledge, skills, attitudes and values gained through physical education.

3. Implementation:

3.1 All students at our school study a physical education course based upon the outcomes contained within AUSVELS, Victorian Curriculum and PYP and will be consistent with DET requirements.

3.2 The School will conduct physical and sport education for the mandated time for all students in Years P–10 in government schools. The mandated times are:

- P–3: 20–30 minutes of physical education a day.
- 4–6: 3 hours per week of physical education and sport with a minimum of 50% of that time for physical education

3.3 A Physical Education Coordinator will be appointed by the Principal each year.

3.4 The school's "Sunsmart Policy" supports the school Physical Education Policy.

3.5 The school will participate in interschool sports.

3.6 Each child in Levels 1 – 3 will be given the opportunity to participate in the school annual intensive swimming Program. Level 4 students will be given the opportunity to participate in a Lifesaving Program.

4. Evaluation:

4.1 This policy will be reviewed as part of the school's three-year review cycle. This policy was ratified by School Council on 13th March 2013.