

PHYSICAL EDUCATION (P.E.)

Time allocation: 1 hour per week of Physical Education and 1 hour per week for Grades 3-6 of Sport.

Rationale:

The Health and Physical Education domain provides students with knowledge, skills and behaviors to enable them to achieve a degree of autonomy in developing and maintaining their physical, mental, social and emotional health. This domain focuses on the importance of a healthy lifestyle and physical activity in the lives of individuals and groups in our society.

This domain is unique in having the potential to impact on the physical, social, emotional and mental health of students. It promotes the potential for lifelong participation in physical activity through the development of motor skills and movement competence, health-related physical fitness and sport education.

Engaging in physical activity, games, sport and outdoor recreation contributes to a sense of community and social connectedness. These are vital components of improved wellbeing.

Purpose:

1. To actively encourage and promote in children positive attitudes towards themselves, others, the community 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 physical fitness & fun, health and nutrition.
5. To teach the skills necessary for effective, safe performance in games, athletics, Bike Ed, gymnastics and swimming 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 AusVELS, taken from the Physical, Personal and Social Learning dimension and the 3 domains that lie underneath; Health and Physical Education, Interpersonal Development, as well as Personal Learning.

2. Department of Education and Training (DET) guidelines will be observed concerning suggested time to be spent at each grade level on P.E./Health.
3. A whole school approach will ensure that fundamental motor skills and all components of the P.E./Sports program will be implemented.
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 Physical Education Coordinator.
6. Through liaison with District P.E. Committee and community organizations/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 strongly 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. 'Houses' will form a large part of these days. These parents will be expected to be conversant with the Aussie Sport Code of Behavior Manual for Parents, Coaches and Officials.
8. The selection of school teams will provide the chance for all children to be considered, taking into account 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 we have a small group of students who perform at a high enough standard to merit their entering 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 and 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 Check, Police Check or Statutory Declaration where deemed necessary.

Resources:

AUSVELS documentation (www.ausvels.vcaa.vic.edu.au)