

Flemington Primary School

POLICY FOLDER



CURRICULUM – Health & Physical Education

RATIONALE

At Flemington Primary School physical activity is seen as a critical cornerstone of the broader health and physical education curriculum and promotes an integrated approach to health related issues.

Physical Education is the part of the student's education which uses physical activity as the primary medium for education. Physical Education is any process which increases the student's ability and desire to participate, in a socially responsible way, in physical activity in the form of games, sport, dance, swimming, gymnastics, outdoor education and other leisure pursuits.

We believe the Health and Physical Education program should promote lifelong participation in physical activity through the development of positive attitudes, skills and movement competence. The program educates students about nutrition and the factors that promote and protect the physical, social and emotional health of individuals. The students learn to identify harms associated with particular situations and behaviours and to take action to minimize these harms

AIMS

Learning in the Health and Physical Education area assists students to:

- Develop the knowledge and skills that promote participation in physical activity, fitness (healthy growth and development), effective relationships, and the safety and health of individuals and groups;
- Be involved as a skilled participant in play, games, dance, gymnastics, aquatics, sport, outdoor activities, leisure and recreation;
- Develop an understanding of the use of food to provide nutrients for energy, growth, repair and regulation of the body's physical function;
- Develop the knowledge and skills to make informed decisions on nutrition and diet;
- Develop an understanding of the causes of illnesses, disease and injury and the responsibility of individuals and the community;
- To create and maintain environments conducive to health and safety;
- Develop an understanding of the need for balance in the physical, social and mental aspects of health;
- Promote their own and other's worth, dignity and rights and responsibilities, as members of groups;
- Consider the influence of diverse values, attitudes and beliefs on personal and group decisions and behaviour related to health, safety and physical activity.

IMPLEMENTATION

- The Victorian Essentials Learning Standards, Health and Physical Education domain is the core document for the Health and Physical Education Program.
- A Health and Physical Education Coordinator will be appointed each year to oversee the implementation of the Health and PE Policy and Program;
- A budget will be established and monitored annually to ensure adequate resource provision;
- Planning will be done in teams and documented;
- Turning the Tide – Implement relevant and comprehensive Drug Education as an ongoing core component of relevant Integrated Studies units, providing each student with appropriate drug education prevention programs;
- Use and evaluate services, products and facilities that promote health and participation in physical activity through programs such as the Activation Program and Bike Education, (when funds and trained tutors are available);
- Implementation of Flemington Primary School’s Grade 5/6 Human Development Program;
- Information on senior school sport, PMP program, swimming, physical education programs and specific health sessions will be provided for parents through the P-6 information booklet and area newsletters;
- Teachers will have access to ongoing professional development activities;
- Students progress in Health and Physical Education will be reported in half and end of year academic reports.
- Input from outside agencies (where relevant i.e. Tennis Australia) will form an integral part of the Health and PE program;
- Play equipment that encourages physical activity is made available to all students at lunchtimes and during other breaks.
- The physical education co-ordinator will be responsible for coordinating the school’s athletic, swimming, camps, interschool and intra school sports programs.
- The weekly time allocation for sport and physical education will be met as follows:
P to 4 - 2 x 50 minute sessions per week
5 & 6 – 1 x 50 minute PE session per week & a 2 hour Interschool Sport session weekly

Supporting Documentation

Student Welfare Policy
Kids Go For Your Life Policy
SunSmart Policy

References:

<http://www.goforyourlife.vic.gov.au/>
http://www.education.vic.gov.au/management/governance/referenceguide/curric/3_16.htm
<http://kidshealth.org/kid/>

Evaluation:

This policy will be reviewed as part of the school three-year review cycle.

Review Date:

2012