



## **VIEWBANK PRIMARY SCHOOL**

*Love of Learning, Learning for Life.*

### **HEALTH AND PHYSICAL EDUCATION POLICY.**

#### **RATIONALE:**

1.1 Viewbank Primary School's Health and Physical Education program promotes lifelong participation in physical activity through the development of attitudes, skills and movement competence.

#### **PURPOSE:**

2.1 The program helps children learn about factors, including nutrition, that promote and protect the physical, social and emotional health of individuals. They learn to identify harms associated with particular situations and behaviours, and how to take action to minimise these harms.

#### **GUIDELINES:**

3.1 Health and Physical Education at Viewbank Primary school aims to develop in students:

- A positive self-image and confidence in their own abilities
- An understanding that health has physical, social and emotional dimensions
- An understanding of the factors that impact directly and indirectly on the health and safety of individuals, families, groups and communities.
- Knowledge and skills to plan, implement and evaluate actions to promote health and safety
- An understanding of the physical, social and emotional development across the human lifespan to promote their health and well-being.
- An understanding of how relationships develop and change, and the knowledge and skills to promote effective relationships
- Experience as a participant in play, games, dance, gymnastics, aquatics, sport and outdoor activities and recreation.
- An understanding of how food provides nutrients for energy and growth, how it plays a significant social role in people's lives and how to select food to promote health and growth.
- An acceptance of themselves and others as they grow and change and promote their own and others' worth, dignity and rights as individuals and as members of groups.

#### **IMPLEMENTATION**

- All students at our school will study sequential Health and Physical Education courses based upon the outcomes contained within the Victorian Essential Learning Standards (VELS).

- Physical Education will be taught in accordance with VELS.
- Physical Education teachers, together with classroom teachers will endeavour to meet the time allocation requirements set out in the Department of Education Executive Memorandum 764.
- The Physical Education teachers will be responsible for planning and implementing a balanced program incorporating the areas of ball-handling skills, fundamental motor skills, athletics, gymnastics, dance, orienteering and minor and major games.
- To ensure a high quality program the Physical Education teachers will incorporate the Principals of Learning and Teaching as they apply in the Health and Physical Education context and will apply to a variety of teaching and learning strategies.
- Students in Prep to Grade 6 are timetabled for one specialist Physical Education lesson per week.
- Students in Prep are timetabled for one PMP session each week.
- Sporting clinics are organised throughout the year.
- The Physical Education teachers will be responsible for coordinating programs such as: swimming, cross country, athletics and inter school sports program, Hoop Time as well as additional sporting days outside of school.
- Our School is a member of School Sports Victoria (SSV)
- Friday mornings incorporates inter-school sport competition or alternatively Grade 5/6 Sports morning.
- Children in grades P – 2 are provided with the opportunity to be involved in an annual intensive swimming program.
- The Physical Education Teachers and Class teachers plan Health lessons using the Health and Physical Education Strand in the VELS.
- The Family Life Program for Level 4's supplements the Health and Human Relationship aspect of the program.
- The Life Education Program and Jump Rope for Heart is available bi-annually.
- Equipment, which encourages physical activity, will be made available to all students at lunchtime and recess.
- The school will promote walking or riding to school through days such as Walk to school day.
- Other policies which support this policy are:
  - Interschool Sport Policy,
  - Sunsmart Policy
  - PMP Policy
  - Interschool Sport Team Selection Policy
  - Drug Education Policy.
  - Student Welfare Policy
  - Camps and Excursions Policy

### **EVALUATION:**

5.2 This policy will be reviewed as part of the school's review cycle.