

Physical Education

Status: Review, May 2015
Education Sub-Committee

Rationale:

Physical Education teaches students how to enhance their own and others' health, wellbeing and physical activity participation in varied and changing contexts.

The Physical Education program educates students in, about and through movement. Movement involves students taking part in a variety of movements and activities that are contemporary, relevant, challenging, enjoyable and physically active.

AusVels Health and Physical Education is organised into two interrelated strands: *Movement and Activity* and *Personal, Social and Community Health*. Students will have a balance between health and movement related knowledge, understanding and skills. They will be provided with opportunities to experience the practical side of physical activity to enhance their own fitness capabilities. Physical Education activities will promote involvement in a manner that reflects awareness of everyone's right to participate.

Aims:

For students to know and experience their capacity to:

- Be healthy, safe and active and move with competence and confidence that enhance optimal growth and development.
- Experience fun and enjoyment through participation.
- Develop social skills that will enable students to function effectively in interpersonal relationships and teamwork.
- Develop a positive attitude towards exercise and a healthy lifestyle.

Guidelines:

Australian Curriculum in Victoria [AusVels]: Health and Physical Education -

<http://ausvels.vcaa.vic.edu.au/Health-and-Physical-Education/Overview/Introduction>

Implementation:

- The Physical Education teacher will have the responsibility for ensuring that the policy is implemented throughout the school.
- Foundation to Level 3 students are provided with 20 – 30 minutes of physical education a day. Level 4 – 6 students are required to have 3 hours per week of physical education and sport with a minimum of 50% of that time for physical education.
- A budget will be developed by the Physical Education teacher to determine and provide for the needs of the physical education program.
- During the year, each child will be provided with the opportunity to participate in a School Swimming Program. The cost of the program will be an additional payment to the Excursion Levy.
- Students may be excused from Physical Education due to specific reasons such as religious beliefs or injury. To ensure adequate supervision standards are met, children who are unable to participate will be placed in a classroom of similar age level during the Physical Education session or be given another role in the Physical Education class. Students who are unable to participate will be required to produce a note to the Physical Education teacher.
- Interschool Sport – the school will participate in the following Sport days
 - Inter-School Cross Country (Level 3 and above)
 - Inter-School Winter and Summer Sport/Round Robin (Level 5 and 6)
 - Whole School Athletics
 - Hoop Time Basketball (Level 1-6)
- Inter-House sporting competitions will be organised by the Physical Education teacher.
- Other programs, such as AFL 9s, will be implemented as required.

Evaluation:

The Physical Education policy shall be reviewed annually with a major review undertaken every 3 years by the Education Sub-Committee of School Council

References:

<http://www.education.vic.gov.au/studentlearning/default.htm>
<http://www.education.vic.gov.au/school/principals/spag/curriculum/Pages/sport.aspx>
<http://www.education.vic.gov.au/school/teachers/teachingresources/social/physed/Pages/default.aspx>