

LALOR EAST PRIMARY SCHOOL

HEALTH & PHYSICAL EDUCATION POLICY

Rationale

The domain of Health & Physical Education:

- provides students with the knowledge, skill and behaviours to achieve a degree of autonomy in developing and maintaining their physical, mental, social and emotional health
- focuses on the importance of a healthy lifestyle and promotes the potential for lifelong participation in physical activity through the development of physical competence
- explores the developmental changes that occur throughout the human lifespan including ways of managing transitions, changing roles and responsibilities, personal identity and an understanding of human sexuality.

Broad Guidelines

The Health & Physical Education Program is designed to assist students to:

- develop knowledge and skills to make informed decisions, plan strategies and implement and evaluate actions which promote growth, development and participation in physical activity and fitness
- develop confidence in using movement skills and strategies to increase motivation to participate in lifelong physical activity
- be actively involved as a skilled participant in play, games, gymnastics, aquatics, sport, outdoor activities, leisure and recreation
- develop an understanding of the link between leading an active lifestyle to being healthy
- select foods that promote health and growth and understand the factors that influence food selection
- understand the role of a healthy diet in the prevention of disease
- identify harms associated with particular situations and behaviours and develop strategies to minimise harm.

Implementation

A Health & Physical Education Coordinator will have the responsibility for ensuring that the policy is implemented throughout the school.

1. Physical Education

- all children will participate in regular weekly sessions with the Physical Education specialist
- all grade levels should participate in a minimum of 45 minutes of Fitness sessions a week to be taken by the classroom teacher. This may be one 45 minute block, 3 x 15 minute sessions etc. Resources provided by the Physical Education specialist to assist with the fitness sessions
- time for Physical Education and Sport will be allocated as close as possible to guidelines provided by the Department of Education and Training (DET)
- the Physical Education program will be based on appropriate learning outcomes as outlined in the Australian Curriculum; AusVELS
- the Physical Education program will provide equal opportunity for all students
- the Physical Education program will provide opportunities for the high achievers and for those children with special needs
- swimming programs will be offered to students from Prep-Grade 6 and will be conducted at a suitable, local venue for a period of 8 weeks. A minimum number of participants will be determined to make the program financially viable to run each year
- the components of the Physical Education program will include, but not be limited to: Gymnastics, Dance, Ball Handling, Swimming, Athletics, Minor and Major Games, Sport Education Programs and Outdoor Adventure Activities
- classrooms will be allocated sporting equipment for use during recesses and lunchtimes

- Physical Education classes will preferentially be conducted in the Multipurpose Centre gymnasium however; outdoor facilities will also be used to conduct lessons
- Professional Development will be provided to meet the needs of the program
- the children in Grades 3-6 will be given the opportunity to compete in the District Athletics Sports and Cross Country events. Children's age will determine eligibility to compete
- the children in Grade 5/6 will be given the opportunity to participate in Summer and Winter Interschool Sport. Children who are not selected in a team will participate in an Alternate Sports Program during Interschool Sport time. All children will be required to sign a Sports Contract which will be implemented by the 5/6 team and Physical Education specialist
- the Physical Education specialist and the Health & Physical Education Committee will organise an annual Jump Rope for Heart day and an annual House Sports day. They will also endeavour to promote Health & Physical Education week by developing a special weekly program
- the Physical Education specialist will organise special events and programs throughout the year. These may include: T20 Cricket Round Robins, Sports Clinics, Year Level Tournaments etc
- children may participate in Physical Education lessons conducted by student teachers, under the supervision of the Physical Education specialist as a part of Pre Service teaching programs offered by universities
- children's individual development in Physical Education will be monitored by the Physical Education specialist through appropriate assessment measures; such as observation and ongoing records
- fitness performance of the children in Grade 3-6 will be tested twice yearly using the Australian Fitness Education Award
- all children participating in Physical Education lessons outdoors from the beginning of September to the end of April will be required to wear a broad brimmed hat.

2. Health Education

- Health Education lessons will be conducted by the classroom teacher. Each grade level will have a Health Education focus for one term per year
- the Life Education Van will conduct sessions at Lalor East Primary School on a yearly basis.
- students are permitted to keep water bottles in their classrooms throughout the day and classroom teachers will allow children to refill their bottles during class time when necessary
- fresh fruit and vegetable breaks are encouraged during class time independent of specific recess and lunch eating times. This break occurs at various times across the grades across the week
- staff of Lalor East Primary School, in conjunction with the Red Cross, will provide a 'Breakfast Club' for students on a number of days, determined by volunteer availability, during the week.

Evaluation

The effectiveness of the Health & Physical Education policy will be evaluated:

- by the Health & Physical Education coordinator and committee
- in consultation with teachers.

Review

The School Council and staff regularly monitor and review the effectiveness of the Health & Physical Education Policy (at least once every three years) and revise the policy when required.

Ratified at School Council: June 2015

Next review: June 2018