

# 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