

Physical, Personal and Social Learning
HEALTH & PHYSICAL EDUCATION
POLICY



Rationale:

- The Health & Physical Education program promotes lifelong participation in physical activity through the development of attitudes, skills and movement competence. The program helps young people learn about factors, including nutrition, that promote and protect the physical, social and emotional health of individuals, and they learn to identify harms associated with particular situations and behaviours, and how to take action to minimise these harms.

Aims:

- *That students participate in a minimum of 15 minutes physical activity per day
- *That a 10.00 am daily fruit break occur in each classroom.
- * That a member of staff be present in the role of PE/Health Coordinator.

Health and Physical Education aims to develop in students:

- 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
- an understanding of the physical, social and emotional development across the human lifespan to promote their health and wellbeing
- an understanding of how relationships develop and change, and the knowledge and skills to promote effective relationships
- experience as a skilled participant in play, games, dance, gymnastics, aquatics, sport, 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.

Implementation:

- All students at our school will study sequential Health and Physical Education courses based upon the outcomes contained within the VELs framework
- Learning opportunities must be provided that cater for the identified needs of each student.
- Student progress in both Health and Physical Education will be reported in half and end of year academic reports.
- Budgets that provide for the needs of both the Health and Physical Education programs will be monitored by Budget coordinators
- A Leading Teacher with PE responsibilities to be appointed for period of 2007-09 Strategic Plan.

Evaluation:

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

This policy was last ratified by School Council in....

Oct

2010