

# PHYSICAL EDUCATION

## POLICY

### INTRODUCTION

Physical Education educates students in, about and through movement.

Movement involves students taking part in a variety of physical activities designed to develop an understanding of the body and its movement potential.

Movement is also the medium for exploring and developing human relations and safety concepts. The development of social skills and safety concepts is an explicit outcome of the physical and sport education program of this school.

Physical education is an all encompassing term for a wide range of physical activities. These include fitness, movement, recreation, health, games and sport, plus the values and knowledge of each.

Physical education should help students to develop the competencies and beliefs necessary for incorporating regular activity into their lives.

Sport is part of Australian culture. School is often where students first participate in organised sport. It is important these experiences be positive for students to continue a lifelong association with sport.

Sport education is a part of physical education that includes the development of sport skills, an understanding of the origins and rules of various sports, and an appreciation of the codes of behaviour. Sport education builds on the knowledge, skills, attitudes and values gained through physical education.

### AIMS OF THE PROGRAM

- Provide a well balanced, comprehensive program based on Victorian Essential Learning Standards covering the following areas –

Athletics	Ball handling / Fundamental Motor Skills
Fitness	Gymnastics / Movement
Dance	Games / Sport Education
Aquatics	Outdoor Adventure Activities
- The Physical education program aims to provide all children with the opportunity to –
  - (a) Be involved in a range of movement experiences that enhance optimal growth and development.
  - (b) Develop confidence and competence in the acquisition of basic motor skills that will enhance participation in a variety of physical activities.
  - (c) Attain and maintain a level of fitness that will allow the individual to perform daily tasks with control, efficiency and effectiveness.
  - (d) Experience fun and enjoyment through participation.
  - (e) Develop social skills that will enable students to function effectively in interpersonal relationships.
  - (f) Develop a positive attitude towards exercise and a healthy lifestyle.

By providing the children with the appropriate knowledge, skills, understanding and motivation they will have the necessary tools to seek health and physical well being through lifelong involvement in physical activity.

References:

## **TEACHING AND LEARNING STRATEGIES.**

To give students every opportunity to participate and succeed in Physical and Sport Education, teachers need to focus on the following aspects of teaching and learning –

- Communicate effectively
- Provide an environment that encourages maximum participation
- Support students having difficulty
- Be aware of the needs of students from other cultures
- Keeping the learning environment safe
- Be a good role model
- Reflect on the quality of outcomes.

## **TEACHING APPROACH**

### 1. Physical Education

- Provide opportunities for all children to experience success.
- Provide feedback to individuals in a private setting to avoid embarrassment.
- Focus on the mastery of the Fundamental Motor Skills.
- Engender a commitment to regular moderate physical activity through the development of positive attitudes and self worth.

### 2. Sport Education

- Reduce the emphasis on winning and losing.
- Focus on maximum participation.
- Encourage self-control and respect for others.
- Provide modification and structures to ensure that all rules and dimensions of the game are appropriate to the skill level of the participants.
- Promote enjoyment and active involvement for all children.

## **IMPLEMENTATION STRATEGIES**

### Physical Education Coordinator

A Physical Education Coordinator will be appointed by the Principal each year and will have the responsibility for ensuring that the policy is implemented throughout the school.

### Time Allotment

Students in P-3 will be timetabled for daily 20-30 minutes physical education sessions, while students in 4-6 will be timetabled for 3 hours per week including a maximum of 90 minutes for sport, and the balance dedicated to physical education.

### Sunsmart Policy

As per the school's "Sunsmart Policy" the wearing of broad brimmed hats from September to April while involved in outdoor P.E. or sport will be required, unless the activity makes it impractical to do so.

### Swimming

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." All components of the program will meet Department of Education requirements for school swimming.

### Unable to Participate

Children who are unable to participate due to injury or ill health will be required to produce a note to the physical education teacher.

Children will be excused from participate in their religious or cultural beliefs are in conflict with a given activity.

Note – 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 P.E. or sport session.

### Inter-school Sport

The school will participate in the following Sport Association Days –

Inter-School Cross Country

Inter-School Winter Sport

Inter-School Athletics

T20 Cricket

Inter-School Swimming

Inter-School Tennis

These events are total participation sporting activities with all children from the above grade levels participating.

From these events children will be selected to participate in Zone and State Carnivals.

### **Evaluation:**

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

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

**February 2015**