

# 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:

- Health & Physical Education encourages students to develop the knowledge, skills and behaviours that enable them to:
  - maintain good health and live a healthy lifestyle
  - understand the role of physical activity in ensuring good health
  - engage in physical activity.

### Implementation:

- Health & Physical Education is an essential learning area of the Victorian Curriculum.
- All Prep to Year 6 students at our school will study a sequential Health and Physical Education course based upon the content descriptions contained within the Victorian Curriculum English learning area.
- All teachers are required to work with their respective professional learning teams, sections and faculties to contribute to the development and implementation of a viable, guaranteed and sequential Health & Physical Education course for all students and to implement student needs based lessons using agreed planning templates, assessment tools and lesson structures.
- Student's individual abilities will be measured against the expected Victorian Curriculum achievement standards, particularly at the commencement of each unit of work, and learning opportunities must be provided that cater for the identified needs of each student.
- Students in Foundation-Year 3 will be timetabled for daily 20-30 minutes physical education sessions, while students in Years 4-6 will be timetabled for 3 hours per week including a maximum of 90 minutes for sport, the balance dedicated to physical education.
- Budgets that provide for the needs of the Health & Physical Education program will be developed by the English coordinator in consultation with all staff members and resourced by school council.

### 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....

**March 2019**