Rationale

For a student to perform to and beyond their abilities, they need to be active and healthy. Physical Education is vital and unique in its contribution to a student’s physical, social and emotional wellbeing. A main focus is the development of skills and movement competence, knowledge, understandings and attitudes necessary for successful participation in physical activities.

Aim

- To promote an active and healthy lifestyle, and equip students for lifelong participation in physical activity through the development of motor skills and movement patterns.
- Develop the student’s knowledge of people living, working and learning cooperatively together for the enhancement of individuals, communities and the environment.

Implementation

- The Health and Physical Education program will incorporate Health, Social and Physical components, including drug education, nutrition, personal development, physical education, PMP, swimming, safety, self-esteem, camps, excursions, incursions and social competencies.
- The Health and Physical Education domain is an essential component of the Physical, Personal and Social Learning Strand of the AusVELS Standards. Students will participate in a timetabled one-hour lesson of Physical Education each week where an appointed Physical Education teacher will provide a sequential Physical Education skills and sporting program for all students. Students explore the Health section through an inquiry approach based on the school’s 2-year integrated curriculum cycle.
- Every 2 years the Life Education van will visit the school to enhance student’s awareness of drug education. This will be complemented by students completing additional drug education lessons in class.
- Use and evaluate services, products and facilities in the local community that promote health and participation in physical activities as well as understanding rights and responsibilities.
- Ensure that all camps, excursions and incursions are complementary and/or supplementary to the focus and the understandings being carried out within the integrated curriculum. All out of school activities eg: camps, excursions, sporting days and local trips must be entered into the emergency and security management site: www.eduweb.vic.gov.au/forms/school/sal/enteractivity.asp.
- Develop an understanding of basic nutrition for energy, growth and the body’s physical functions.
- Promote student understanding of health and safety issues.
- The Physical Education teacher will be responsible for coordinating the school’s athletic, swimming, PMP, inter-school sports program and Sporting Schools program.
- The Health and Recreation program leader will develop a yearly budget that will outline the purchases of resources to enhance the Health and Physical Education program.
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<tr>
<th>Evaluation</th>
<th>This policy will be reviewed as part of the school’s three-year review cycle.</th>
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<td>Review Year</td>
<td>2018</td>
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