



200 Learning Areas

## 231 – Health and Physical Education

### RATIONALE:

The Health and Physical Education program provides students with knowledge, skills and behaviours to enable them to develop and maintain their physical, mental, social and emotional health. At Cairnlea Park Primary School, we focus on the importance of a healthy lifestyle and physical activity in the lives of individuals and groups in our society.

### PURPOSE:

- Health and Physical Education aims to develop the knowledge, understanding and skills to enable students to:
- Access, evaluate and synthesise information to take positive action to protect, enhance and advocate for their own and others' health, wellbeing, safety and physical activity participation across their lifespan.
  - Develop and use personal, behavioural, social and cognitive skills and strategies to promote a sense of personal identity and wellbeing and to build and manage respectful relationships.
  - Acquire, apply and evaluate movement skills, concepts and strategies to respond confidently, competently and creatively in a variety of physical activity contexts and settings.
  - Engage in and enjoy regular movement-based learning experiences and understand and appreciate their significance to personal, social, cultural, environmental and health practices and outcomes.
  - Analyse how varied and changing personal and contextual factors shape understanding of, and opportunities for, health and physical activity locally, regionally and globally.

### IMPLEMENTATION

- Each student will participate in one 60 minute session per week with a designated Physical Education teacher.
- Year levels to provide extra Physical Education in own timetables to meet mandated time allocations by the Department.
  - Prep - Year 3: 20 to 30 minutes of physical education a day
  - Years 4 - 6: Three hours per week of physical education with a minimum provision of 50 per cent for physical education.
- Deliver units of work to develop all student's Fitness, Skills and Knowledge in Ball Handling, Gymnastics, Athletics, Minor /Major Games and Outdoor Education in line with the Victorian Curriculum domains and dimensions and the 'Fundamental Motor Skills' booklet.
- Opportunities to participate in Inter School Sport in Grade 6.
- Provision of coaching, practice and training programs at lunchtime during Interschool Sport.
- Prep-3 students participate in the Junior House Sports.
- Prep-3 students participate in the Footsteps Dance Program or programs of a similar benefit.
- Grade 4-6 students participate in the CPPS House Cross Country, Athletics and Swimming Carnivals.
- The opportunity to represent the School and District in the District and Regional Cross Country, Athletics and Swimming Carnivals and the District Football Tournament and the Girls District Soccer Tournament
- Grade 5 students participate in the Bike Education Program.
- Grade 5/6 students participate in SEPEP each year.
- Grade 6 students participate in the Swimming program.
- Promotion of the importance of physical activity through regular events and activities such as Lunchtime Competitions, Before School Running Club, AFL Clinics and the Ride to School Program.
- Health will feature in class programs as a part of Inquiry Learning.
- All Prep – Year 5 students will have the opportunity to attend the 'Life Education Van' and participate in follow up activities, while Year 6 will attend a Human Development program.

### EVALUATION

- Student assessment will be ongoing and will include a range of formal and informal strategies, including anecdotal records, samples of students work, student self evaluation and checklists and performance on set tasks.
- In P.E student assessment will be based on skills, understandings, knowledge, attitudes and participation during P.E classes and sports events.
- Written reports will be provided to parents in June and December.
- This policy will be reviewed as part of the school's four year review cycle.

## REVIEW CYCLE

This policy will be reviewed as part of the school's four-yearly policy review process, although it may be changed at any time as required after discussion with School Council and the Principal, or if guidelines change.

***This policy was ratified by School Council in August 2019***

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