

# HEALTH AND PHYSICAL EDUCATION POLICY

## Rationale

- Health and Physical Education are an important part of the student's physical and social development.
- The Health and Physical Education Program will actively encourage and aim towards active participation for all.
- Health and Physical Education plays an essential part in establishing a sound basis for healthy living.
- Parents and the wider community play a major role in the fostering of healthy lifestyles, and
- Students must be provided with information, which will allow them to make informed decisions about their own well-being.

## Aims

- To make participation in the Health and Physical Education curriculum enjoyable.
- To encourage and work towards fitness, participation and appreciation of physical activity.
- To provide a range of experiences and activities that take into consideration all students' interests and previous experiences.
- To develop an appreciation of fair play and honest competition and sporting behaviour.
- To develop an understanding of how to improve the quality and control of their performance.
- To foster a positive self-image and self-esteem.
- To develop the student's skills, in all areas, to their individual capability so that the skills developed can be transferred to activities or games both in and out of school.
- To encourage students to learn about and be safe within their environment.
- To develop a respect for equipment, facilities and the general environment and aspects of safety relevant to these.
- To provide accurate information about health and health-related matters. ●
- To develop in students an understanding of their emotional and physical growth and development.
- To encourage an acceptance and understanding of others, and
- To encourage the involvement of parents and the wider community in the Health and Physical Education Program.

## Implementation

- All students will have access to the program.
- Some integration students may require the assistance of an Education Support Staff member.
- Health and Physical Education encompasses the following components: Personal, Social and Community Health
- Sports equipment will be provided in each classroom for borrowing at recess times.
- The students in Grades 5 and 6 will be involved in the interschool sports program.
- Outside groups and associations will be used to enhance the Health and Physical Education Program.
- In the areas of Health and Physical Education, staff will act as role models for all students.
- Health and Physical Education topics are part of the classroom Integrated Curriculum program planning
- Communication between parents, students and teachers will take place in order to enhance the Health and Physical Education Program across the school, and
- A Physical Education specialist teacher to take PE classes is a staffing priority.

## **Evaluation**

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