



Our Lady Help of Christians Primary School

Health and Physical Education Policy

Rationale:

At Our Lady Help of Christians school we believe The Health & Physical Education program promotes lifelong participation in physical activity through the development of attitudes, skills and movement competence. The program facilitates learning about factors, including nutrition, that promote and protect the physical, social, cultural and emotional health of individuals.

Aims:

We aim to ensure that students will develop:

- To make participation in the Health and Physical Education curriculum enjoyable.
- To promote the potential for lifelong participation in physical activity through the development of motor skills and movement competence, health-related physical fitness and sport education.
- To develop an appreciation of fair play and honest competition and sporting behaviour.
- 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 understanding of how to improve the quality and control of their performance.
- To foster a positive self-image and self-esteem.
- To develop the students' 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 with their equipment and within their environment.
- To develop in students an understanding of their emotional and physical growth and development.
- To encourage an acceptance and understanding of others
- For teachers to integrate the health component of the policy into the curriculum.
- To encourage the involvement of parents and the wider community in the Health and Physical Education Program.

Implementation:

At Our Lady Help of Christians:

- Health and Physical Education is an essential learning area of The Victorian Curriculum and at our school a sequential course of study is based on this document.
- Health and Physical Education encompasses the following components: Movement and Physical Activity, as well as Personal, Social and Community Health.
- The Health curriculum is part of the Inquiry scope and sequence, taught by the classroom teachers.
- Teachers will use the OLHC Inquiry Mapping Tool when planning health units for their classroom.
- Physical Education, as well as components of the Health curriculum are taught by a specialist Physical Education Teacher.
- A Physical Education specialist teacher is employed to take PE classes weekly for forty minutes.
- The Physical Education teacher will be responsible for coordinating athletics day, interschool sports and other whole school sport activities.
- All students will have access to the Physical Education program. Learning Support Officers will assist in Physical Education classes where a student needs extra assistance.
- Sports equipment will be provided for borrowing at recess and lunch times.

- All students will be expected to participate in a yearly swimming program at Melbourne City Baths.
- The students in Grade 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.
- Communication between parents, students and teachers will take place in order to enhance the Health and Physical Education Program across the school.
- Reports are written twice yearly based on the students learning.
- The Physical Education teacher will be responsible for creating a PE budget and purchasing equipment for the program.

Evaluation:

This policy will be revisited every odd year (e.g. 2019, 2021), reviewed as part of the school's review cycle or as changes are made to the Victorian curriculum.

Further Information:

The Essential Learnings for Physical Education further support this document.