

## **POLICY: HEALTH and PHYSICAL EDUCATION 2013**

### **1. PURPOSE**

The Health and Physical Education program at Brentwood Park Primary School is based on the acquisition and development of knowledge, skills and attitudes towards health and physical fitness. Children are encouraged to participate in the programs to develop confidence and to promote a healthy active lifestyle. The children will develop skills to assist with decision making involving personal and community health matters.

### **2. AIMS**

- To provide opportunities for children to develop skills in a variety of physical activities
- To provide a safe and non-threatening learning environment which aims to develop confidence and team skills
- To develop an understanding of the basic concepts of movement and the biomechanical and physiological principles of movement
- To develop the knowledge and skills that promote participation in physical activity, fitness, effective relationships and the safety and health of individuals
- To respect each individual contribution as a part of the team environment
- To take an active part in creating an environment that supports healthy practices and participation during physical activity.

### **3. IMPLEMENTATION**

- Health and Physical Education will be taught through a specialist program in line with AusVELS (Kids-‘Go for your life’ Criteria 7a Curriculum)
- All children will actively participate in a weekly physical education program
- The program will incorporate basic concepts of health components including:
  1. Movement and Physical Activity
  2. Health Knowledge and promotion
  3. Sexuality Education for Years 5 and 6 based on *Catching On to Sexuality Education* Program
- Resources will support the program, reflecting the needs and interests of the children.
- Assessment tasks and evaluation are ongoing. Strategies include checklists, anecdotal notes, observations and assessment tasks. Children will also be able to self assess.
- Physical activity for Years Foundation to Year One is provided through the weekly physical education program, PMP, Cross Country Carnival, and swimming.
- Physical activity for Year Two is provided through the weekly physical education program, sport, Cross Country Carnival and Swimming.
- Physical activity for Year 3 and Year 4 is provided through the weekly physical education program, Year Level Sport, Athletics Carnival, Cross Country Carnival, Swimming Carnival, District, Division, Regional and State level competitions.
- Physical activity for Year 5 and Year 6 is provided through the weekly physical education program, Interschool Sport, Year Level Sport, Athletics Carnival, Cross Country Carnival, Swimming Carnival, District, Division, Regional and State level competitions.
- Parental and community involvement will be encouraged through participation in sporting events. ie: swimming, inter school sports, PMP
- The provision of play equipment eg balls, bats etc at recess and lunchtimes through a borrowing system (Kids-‘Go for your life’ Criteria 5 ‘Turn Off, Switch to Play’)
- An inventory of all non consumable resources will be kept and updated regularly.

#### **EVALUATION**

- This policy will be reviewed as necessary.

