POLICY: HEALTH AND PHYSICAL EDUCATION

PURPOSE:

The Health and Physical Education program at Brentwood Park Primary School involves 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.

AIMS:

- To provide opportunities for each child to experience and progress at their own rate within a multitude of sports.
- To encourage children to consistently strive for their personal best.
- To provide a safe non-threatening learning environment which aims to develop confidence and team skills.
- To provide opportunities for teams and students who excel to reach their full potential.
- 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 promotes participation in physical activity, fitness, effective relationships and the safety and health of individuals.
- To be involved as a skilled participant in all facets of the Health and Physical Education program.
- To promote their own and others' worth, dignity and rights as individuals and as members of groups.
- To take an active part in creating an environment that supports healthy practices and participation during physical activity.

IMPLEMENTATION:

- Health and Physical Education will be taught through a specialist program in line with the Victorian Curriculum.
- All children will actively participate in a weekly physical education program.
- The program will incorporate basic concepts of health components including:
    - Movement and Physical Activity
    - Personal, Social and Community Health
    - Sexuality Education for Years 5 and 6 based on the department's sexual education curriculum, school devised programs and *Health and Human Relations program 'Our Changing Body.' ,*
- 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, 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.
- Interschool sport is supplemented by additional promotional programs, to expose students to a variety of sports.

- Parental and community involvement will be encouraged through participation in sporting events. i.e., swimming, inter school sports.
- Additional swimming years 3-6 (water safety)
- The provision of play equipment e.g., balls, bats etc. are available to each class.
- An inventory of all non- consumable resources will be kept and updated regularly.
- Grade 4 and 6 outdoor education camps are offered and encouraged.
- Health Education, in term 3, is supported via PE and classroom teachers. The students will develop knowledge, skills, attitudes and values in order to assist with decision making involving personal and community health matters. It aims for individuals to live healthier, happier and more productive lives.

POLICY REVIEW AND APPROVAL:

Policy last reviewed	12/8/2025
Consultation	Consultation with school council and approved by School Council
Approved by	James Bell, principal
Next scheduled review date	August 2029