



**Sandringham East
Primary School**

SANDRINGHAM EAST PRIMARY SCHOOL

Health and Physical Education Policy

Rationale

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

Health and Physical Education aims to develop in students:

- An understanding that health has physical, social and emotional dimensions
- An understanding of the factors that impact directly and indirectly on the health and safety of individuals, families, groups and communities
- Experience as a participant in play, games, dance, gymnastics, aquatics, sport, athletics, outdoor activities and recreation
- An understanding of how food provides nutrients for energy and growth, how it plays a significant social role in people's lives, and how to select food to promote health and growth.
- An ability to identify harms associated with particular situations and behaviours, and how to take action to minimise these harms.

Implementation

- The Health and Physical Education Curriculum will be based on the Victorian Curriculum standards.
- A specialist Physical Education Teacher will be responsible for implementing the PE Policy.
- All teachers are responsible for integrating the health component of the policy into the curriculum.
- All students will have a timetabled 50 minute physical education lesson with the specialist teacher each week.
- The Physical Education program will be supplemented by additional sessions within class groups to ensure that DET physical activity requirements are met (100-150 minutes in Foundation - Level 2 and 180 minutes in Levels 3 - 6). This may include fitness training, sports programs, athletics, swimming and sports clinics.
- Learning opportunities will be provided that cater for the identified needs of each student. Student needs are catered for based on formal and informal observations e.g. if a student has not mastered the skill of catching then time will be spent assisting the student to improve in this area.

- Student progress in PE will be reported in half and end of year reports.
- The PE Programs will be resourced from a program budget.
- Levels 4, 5 and 6 are involved in Swimming, Cross Country and Athletics Carnivals
- Students in Levels 5 and 6 will be involved in Interschool Sports, both Summer and Winter seasons. Sandringham East PS is part of the Seaside District.
- The Physical Education Teacher will be responsible for coordinating the school sport, athletics, cross country and swimming competitions and the Seaside District competitions.
- In accordance with the school's "Sunsmart Policy" the wearing of broad brimmed hats between 1st September to 30th April is compulsory for outdoor activities.
- During the year all students will be provided with the opportunity to participate in a Swimming Program (F-6). The cost will be borne by parents.
- Ski Camp is run yearly as a five day camp at Mt. Buller and is offered to Level 5 and 6 students
- The school provides a Bike Education (Bike-Ed) Program in Level 5 that provides opportunities for students to acquire bicycling skills, knowledge of their traffic environment and traffic safety skills and behaviours needed for road use.
- If a student is unable to participate in a PE or sport session due to injury or ill health a letter of excuse is required for non-participation.
- Students will also be excused from participation if their religious or cultural beliefs are in conflict with a given activity.
- The school is a Schools Network Member and a Sporting Schools Member supporting its ideals of a physically active and healthy lifestyle for the school community.
- Sporting Schools is a grants based program, currently funded by the Australian Government. The program offers students the opportunity to participate in after school sport as well as specialised programs within school hours. In-active students are given priority with pathways being identified to local clubs.

Evaluation:

- This policy will be reviewed as part of the school's three year review cycle unless an issue arises which requires earlier review.

This policy was ratified by School Council – March 2019