

# Health and PE POLICY

## ***RATIONALE:***

To develop a Health and Physical Education (PE) Program, which encourages self-esteem, self-awareness, physical fitness and promotes responsibility for personal wellbeing and team spirit amongst students.

## ***AIMS:***

The Health and Physical Education Policy at Derrimut Primary School aims to:

- develop student awareness of physical fitness
- encourage the development of co-operation, team spirit and respect for each other
- encourage a healthy environment, and set foundations for a positive attitude towards collaboration and competition
- develop in students, the ability to make safe/wise decisions about personal health and to encourage students to take responsibility for such decisions
- develop, promote and encourage appropriate communication skills

## ***IMPLEMENTATION:***

- All year levels will be involved in the Physical Education program conducted by the specialist.
- The Physical Education (PE) teacher will be in charge of co-ordinating the distribution of PE resource and equipment. The classroom teachers will take responsibility for health and physical education beyond that offered by the specialist. They will keep a work program and provide the principal and classroom teachers with an outline of the PE program being followed. (The program will include elements of game skills, dance, gymnastics and fitness)
- Parents and community members with special skills will be actively encouraged to assist in the health and physical education program and will be invited to share their knowledge with the students
- The PE teacher, with classroom teachers, will take responsibility for promoting skills, knowledge and attitudes appropriate to health and physical education including information about nutrition.
- A swimming program for years Prep to year 4 children will be offered. Year 5/6 children will experience a water safety program as part of their camp experience
- Senior students will be offered a sports program which will include inter-school sport organised by the school Sports Co-ordinator.
- The school's Sun Smart policy will apply to all staff and students.
- The health education component will be taken as a part of the school's Inquiry based curriculum.
- The physical education teacher will be a resource person for teachers in taking class physical education. A resource library of references, will be maintained in the PE office (or resource centre).
- Time will be provided at the beginning and end of each year to stock take, update inventory and arrange supplies for that year and the following year.
- Each classroom will have its own allotment of sports equipment for the students to borrow. All other physical education equipment will be kept in a secure location.
- Extra-curricular opportunities will be provided to extend children's engagement and participation in physical activity

## **Evaluation:**

- This policy will be reviewed as part of the school's three-year review cycle.
- PE programs will be audited for coverage of skills and attitude development.
- Evaluation of sports program to assess access, participation.
- Audit of extra curricula activities and impact on participation in physical activity