



Health and Physical Education Policy

Relationship to other policies:

This policy is to be read in conjunction with the Health Policy, Healthy Eating Policy (currently under development) and Physical Education Policy.

Rationale:

The Health and Physical Education program promotes lifelong participation in physical activity through the development of attitudes, skills and movement competence. The program helps young people learn about factors, including nutrition, that promote and protect the physical, social and emotional health of individuals. They learn to identify harms associated with particular situations and behaviours, and how to take action to minimise these harms.

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.
- knowledge and skills to plan, implement and evaluate actions to promote health and safety.
- an understanding of the physical, social and emotional development across the human lifespan to promote their health and wellbeing.
- an understanding of how relationships develop and change, and the knowledge and skills to promote effective relationships.
- experience as a skilled participant in play, games, dance, gymnastics, aquatics, sport, 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.

Definition:

Curriculum means the current curriculum required in the State of Victoria.

Implementation:

- All students at our school will study sequential Health and Physical Education courses based upon the outcomes contained within the curriculum.
- Classroom teachers will be provided with a personal copy of curriculum and are required to work with their respective teams to develop and implement a joint Health course for all students, while an appointed Physical Education teacher will provide a sequential PE skills and sporting program for all students.
- Learning opportunities must be provided that cater for the identified needs of each student.
- Student progress in both Health and Physical Education will be reported in half and end of year academic reports.
- Bonbeach Primary School will conduct physical and sport education for the mandated time for all students in Years P–10 in government schools. The mandated times are:

- in primary schools for years:
 - P–3: 20–30 minutes of Physical Education a day.
 - 4–6: 3 hours per week of Physical Education and sport with a minimum of 50% of that time for Physical Education.)
- Budgets that provide for the needs of both the Health and Physical Education programs will be developed by staff and resourced by school council.
- The Physical Education coordinator will be responsible for coordinating the school's athletic, swimming, inter-school and intra-school sports programs.

Evaluation:

This policy will be reviewed as part of the school's three year review cycle.

Approval:

This policy was approved by the School Council on 11 October 2016.