



Health & Physical Education POLICY

Mount Pleasant Road Primary School

A. **Rationale:**

- A.1. The Health & Physical Education (Health & PE) 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.

B. **Aims:**

- B.1. To promote participation in a healthy and active lifestyle.
B.2. Experience fun and enjoyment through participation.
B.3. To develop skills and confidence in physical activities to improve fitness and performance.
B.4. To develop an understanding of safe conduct in activities and games, the concept of fair play, sportsmanship, team work and respect for rules, procedures and others.
B.5. To promote good health by understanding the factors that influence dietary choices.
B.6. To identify strategies to minimise risk of harm in particular situations or behaviours.

C. **Implementation:**

- C.1. The Health and Physical Education program will follow the Departmental guidelines according to the Victorian Curriculum F-10 in the following areas.

- C.1.1. Athletics
- C.1.2. Fitness
- C.1.3. Dance
- C.1.4. Ball Handling
- C.1.5. Fundamental Motor Skills
- C.1.6. Gymnastics
- C.1.7. Games / Sport Education
- C.1.8. Outdoor Adventure Activities (Camp Program)
- C.1.9. Team Building Activities
- C.1.10. Cooperative Games

- C.2. The required time allocations for PE are:

- C.2.1. Years P–3: 20–30 minutes of physical education a day (includes Perceptual Motor Program - PMP)
- C.2.2. Years 4–6: 3 hours per week of physical education and sport with a minimum of 50% of that time for physical education (includes sport)

- C.3. Swimming: During the year each child will be provided with the opportunity to participate in a School Swimming Program – provided by an accredited local Aquatic Centre.
- C.4. Inter-school Sport: Students between years 3-6 participate in sports in the local district competitions which may include:
- C.4.1. Zone or State Carnivals
 - C.4.2. Interschool Cross Country, Athletics, Swimming, Basketball
 - C.4.3. Interschool Winter Sport (Netball, T-Ball, AFL etc)
 - C.4.4. Interschool Summer Round Robin (Kanga 8's Cricket, Newcomb & Rounders)

Student achievement in Physical Education is reported on twice a year against the Victorian Curriculum F-10 achievement standards.

Student achievement in Health is reported on whenever it is taught within the two year band of schooling in accordance with the whole school teaching and learning plan.

D. Evaluation:

D.1. This policy will be reviewed as part of the school's three-year review cycle.

E. Definitions:

E.1. The Victorian Curriculum F-10 is the curriculum for Victorian schools. It incorporates the Australian Curriculum and reflects Victorian standards and priorities. The curriculum is accessed from the Victorian Curriculum F-10 website