



## HEALTH & PHYSICAL EDUCATION POLICY

### **PURPOSE:**

Health and Physical Education focuses on students enhancing their own and others' health, safety, wellbeing and physical activity participation in varied and changing contexts. It offers students an experiential curriculum that is;

- contemporary, • relevant, • challenging, • enjoyable and • physically active.

The curriculum promotes resilience, and supports students to make decisions and take actions that promote their health, safety and physical activity participation. Integral to Health and Physical Education is the acquisition of movement skills, concepts and strategies that enable students to participate confidently, competently and creatively in a range of physical activities. Students develop an appreciation of the significance of physical activity, outdoor recreation and sport both in Australian society and globally.

**GUIDELINES:** Movement is a powerful medium for learning, through which students can acquire, practise and refine personal, behavioural, social and cognitive skills.

### **Flowerdale Primary School promotes that;**

- Participation in the Health and Physical Education curriculum should be enjoyable.
- Student safety is paramount when inside the school grounds (home) and when involved in sporting programs outside the school grounds (away).
- Students are encouraged to pursue a range of active leisure time activities.
- Students will develop appropriate and acceptable social behaviours in line with our Engagement and Wellbeing Policy.
- Students identify healthy eating habits and develop the knowledge and skills to make informed decisions on nutrition and dietary practices.
- Students will identify characteristics of fair play and honest competition. Sporting behaviour will be built from our whole school program "Respectful Relationships" and focus on developing "sportsmanlike" conduct.
- Positive self-image and self-esteem will be fostered in students.
- All students will be encouraged to view themselves as having lifelong sporting options.
- Students' skills, in all areas, should be developed to their individual capability.
- Students should develop an understanding of their emotional and physical growth and development



# Flowerdale Primary School

## IMPLEMENTATION:

### Aims

Health and Physical Education aims to develop the knowledge, understanding and skills to enable students to:

- take positive action to protect, enhance and advocate for their own and others' health, wellbeing, safety and physical activity participation across their lifespan.
- develop and use personal, behavioural, social and cognitive skills and strategies to promote a sense of personal identity and wellbeing and to build and manage respectful relationships.
- acquire, apply and evaluate movement skills, concepts and strategies to respond confidently, competently and creatively in a variety of physical activity contexts and settings.
- engage in and enjoy regular movement-based learning experiences and understand and appreciate their significance to personal, social, cultural, environmental and health practices and outcomes

### Health and Physical Education activities

**We are fortunate to have an undercover basketball court and oval to conduct P.E and sport throughout the year. Our multi-purpose room is used for PMP sessions with the junior students.**

- **Timetabled Health and Physical Education sessions** are an essential element of our learning program
- **Sports equipment** will be provided in each classroom for borrowing at recess and lunchtime to encourage active play.
- The F-2 students will participate in PMP, (**Perceptual Motor Program**) to develop skills of coordination, balance, fine and gross motor skills.
- Connections will be built with external groups and associations through the **Sporting in Schools** Program, to enhance the Health, Sport and Physical Education program.
- **Sporting in Schools** coaches provide 6-8 sessions each term in a range of selected sports such as; cycling, golf, soccer, basketball, netball, athletics, hockey, tennis, cricket and football
- Students will be given the opportunity to attend the **Swimming Program** at the Whittlesea Pool. This program is held over several sessions in Term 1 each year. The cost is to be covered by the participants and is an essential part of the Physical Education Program.
- The **Life Education Van** will visit the school every two years, and work with students from Years Prep to 6. This cost will be passed on to participants.
- In accordance with the school's "**Sun Smart Policy**", the wearing of broad-brimmed hats in Terms 1 and 4 is compulsory for outdoor activities.
- In Year 6, in accordance with the guidelines on Sexuality Education provided by the Department of Education and Training (VIC), **Sexuality Education** will be provided in Year Six by an external provider.



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## Social and Emotional Learning

At Flowerdale Primary School we follow the **Respectful Relationships Program**. Teachers conduct timetabled sessions in areas such as ...

- Emotional Literacy
- Personal Strengths
- Positive Coping
- Problem solving
- Stress Management
- Help Seeking
- Gender and Identity
- Positive Gender Relations

## Healthy Foods

At Flowerdale Primary School we encourage students to eat Healthy Foods by...

- Encouraging parents to pack Nude Food (no wrappers), for snack and lunch
- Providing a supervised fruit, snack and lunch break
- Providing newsletter items about Healthy Eating
- Providing a fortnightly Breakfast Club and Lunch Club that includes healthy food options
- Growing, nurturing and harvesting healthy foods such as vegetables and bush tucker to be used in classroom cooking sessions.

## Student welfare and School Chaplaincy

Chaplaincy aims to support and encourage the social, emotional, physical and spiritual wellbeing of all school attendees. Our chaplain supports the development of all students by providing:

- Breakfast Club, fortnightly, with healthy eating options,
- Lunch Orders, twice each term, that meet healthy eating guidelines,
- encouragement to students before, during and after participation in physical activities,
- emotional support to develop student resilience, good sportsmanship in both solo and team pursuits,
- social and emotional support that encourages development of lifelong positive attitudes towards physical activity
- social and emotional support that promotes healthy self-esteem, body image and relationships.

## RELATED LEGISLATION:

The following guidelines are provided by The Department of Education and Training (DET).

<http://www.education.vic.gov.au/school/teachers/teachingresources/social/phised/Pages/sexualityed.aspx>

Victorian Curriculum Guidelines

<http://victoriancurriculum.vcaa.vic.edu.au/>



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## RELATED POLICIES:

Engagement and Wellbeing Policy

Sun Smart Policy

Curriculum Policy

Camps and Excursions Policy

## REVIEW CYCLE

This policy was created in March 2021 and is scheduled for review in March 2023