


St Therese's Primary School, Cranbourne	System Update: 19.09.2019	
Version 0.1	Date of Next Review: 19.09.2021	

St Therese's Primary School

Health and Physical Education Policy

OVERVIEW

The Health and Physical Education program promotes lifelong participation in physical activity through the development of attitudes, skills and movement competence. Participation in physical activity and awareness of good health practices provides for relaxation, enjoyment, fitness and social interaction and personal growth.

The program helps young people learn about nutrition and other factors that promote the physical, social and emotional dimensions of the wellbeing of individuals, families and communities.


AIMS

Students at St Therese's develop understandings and skills to;

- realise that health has physical, social, and emotional dimensions
- strengthen their sense of self, and build and manage satisfying relationships
- gain knowledge and skills to plan, implement and evaluate actions to promote health and safety
- experience as a competent participant in play, games, aquatics, sport, outdoor activities and recreation
- acquire an understanding of how food provides nutrients for growth and energy
- promote a sense of fun and enjoyment through participation in physical activity including games and sport

IMPLEMENTATION

- all students at St Therese's school will study a sequential Health course based upon the outcomes contained within Victorian Curriculum.
- The Health component of this learning area will be taught by classroom teachers as part of the 2 year cycle of learning and teaching (Map of Entitlement)
- the Physical Education Program will be taught by a specialist teacher to all students in years F-6
- the Health and Physical Education Program will be integrated with other Key Learning Areas when appropriate
- the Health and Physical Education Program requires teachers to provide a wide variety of activities to cater for individual needs
- budgets that provide for the needs of both the Physical Education Program will be developed by staff and resourced by the Physical Education Teacher
- students in F-6 will be timetabled for one 60 minute physical education session per week. In addition to this children in Years 5 and 6 will participate in interschool sports during Term 2 and 3.
- The Physical Education teacher will be responsible for co-ordinating:
 - school sports days
 - District and regional sporting events (athletics, cross country, hooptime etc)
 - Swimming program F-6

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- o Inter and intra school sports program
- The St Therese's PE teacher will provide a term planner outlining the work to be covered for the term
- Students' progress in Health and Physical Education will be reported in half and end-of-year academic reports
- As identified, the PE teacher will modify lessons accordingly to provide differentiation in order for all students to participate