



St Francis Xavier Primary School

Health and Physical Education

Rationale

The Health and Physical Education program promotes lifelong participation in physical activity through the development of attitudes, skills and movement competence. Through the Health, Identity, Wellbeing Inquiry & Respectful Relationship program students 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 minimise these harms.

Physical Education is defined as including fitness, movement, recreation, games and sport. Physical education helps students to develop competencies and beliefs necessary for incorporating regular activity into their lives. Sport allows the students to participate in games that involve the use of the fundamental motor skills, and promotes team building.

Purpose:

Health and Physical Education aims to develop in students:

- knowledge and skills to plan, implement and evaluate actions to promote health and safety.
- 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.
- 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.
- 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.
- A range of movement experiences that enhance growth and development, confidence and competence in the acquisition of basic fundamental motor skills
- an attainment and maintenance in a level of fitness
- appropriate behaviours with regard to winning and losing in competitive sport.
- self-control and respect for others.
- enjoyment and active involvement in sport and physical education

Implementation:

All students at St Francis Xaxier school will follow sequential Health and Physical Education courses based upon the outcomes contained within the Victoria Curriculum.

At St Francis Xavier school:

- Health and Physical Education is an essential learning area of The Victorian Curriculum and at our school a sequential course of study is based on this document.
- Health and Physical Education encompasses the following components: Movement and Physical Activity, as well as Personal, Social and Community Health.
- The Health curriculum is part of the Inquiry scope and sequence, taught by the classroom teachers.
- Teachers will use the St Francis Xavier Inquiry Mapping Tool when planning health units for their classroom.
- As part of the Health Identity & Wellbeing Inquiry, an external company (usually Open Doors) facilitates a **Wonder of Living Family Enrichment Program** which is value-based

family life and sexuality education for the primary school community at an age appropriate level (Prep – Year 2, Year 3 & 4, Year 5 & 6).

- Physical Education, as well as components of the Health curriculum are taught by a specialist Physical Education Teacher.
- A Physical Education specialist teacher is employed to take PE classes weekly for forty minutes.
- The Physical Education teacher will be responsible for coordinating athletics day, interschool sports and other whole school sport activities.
- All students will have access to the Physical Education program.
- Learning Support Officers will assist in Physical Education classes where a student needs extra assistance.
- Sports equipment will be provided for borrowing at recess and lunch times.
- All students will be expected to participate in a yearly swimming program. This is an intensive 2-week program usually held in December.
- The students in Year 6 (and Year 5 if needed) will be involved in the interschool sports program. Note Year Five children are rotated depending on numbers to make up a team.
- Outside groups and associations will be used to enhance the Health and Physical Education Program, e.g. Sporting Schools Program
- In the areas of Health and Physical Education, staff will act as role models for all students.
- Communication between parents, students and teachers will take place in order to enhance the Health and Physical Education Program across the school.
- Reports are written twice yearly based on the students learning.
- Each term, student work in PE is shared with their family through Seesaw.
- The Physical Education teacher will be responsible for creating a PE budget and purchasing equipment for the program.
- The Learning and Teaching Leader will be responsible for the purchase of Health Curriculum Resources.

Evaluation:

This policy will be revisited every odd year (e.g. 2021, 2023), reviewed as part of the School's Review cycle or as changes are made to the Victorian curriculum.