



Health and Physical Education Policy

Policy Code: Curr – PE & H
To be Reviewed: 2021
Ratified: 2018

Identity Statement

To provide a school community that draws on the traditions of the Brigidine Order, that celebrates life, reaches out to others and actively cares for our world.

Vision Statements

St Patrick's Primary School strives to:

- Guide and support students on their faith journey through experiences of the Catholic tradition, building a strong sense of belonging, responsibility and wonder within our school, church and global communities.
- Develop an environment that builds on student resilience, self - respect, confidence and empathy – in partnership with families.
- Foster a learning environment that provides a holistic education that nurtures all learners in order for them to realise their full potential.
- Model and foster a safe and supportive environment for students and their families within the school community.
- Provide learning and teaching experiences that promote decision making.
- Conserve God's creation and recognise the traditional owners of the land.

Graduate Outcomes

We endeavour to create graduates who will:

- Have a dynamic faith
- Be committed to social justice
- Be environmentally aware
- Develop and sustain loving relationships
- Be life-long learners
- Realise their potential
- Be creative problem-solvers
- Be resilient, confident and independent
- Be respectful
- Have courage and integrity
- Be self-aware
- Enjoy their experiences

Basic beliefs

- Children in schools can be empowered by teachers to be active.
- * Through Physical Education and Health students can develop knowledge and skills related to physical activity, nutrition and social development.
The development of confidence and competence in basic motor skills will enhance participation in a wide variety of physical activities.
- Children's performance at school will be enhanced by engaging in regular physical activity.
- Children's self esteem will be enhanced by engaging in regular physical activity.

Aims

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



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- access, evaluate and synthesise information 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
- analyse how varied and changing personal and contextual factors shape understanding of, and opportunities for, health and physical activity locally, regionally and globally.

Agreed Major Teaching and Learning Strategies

- All lessons will provide maximum participation by students in a variety of situations, groupings and sports.
- Activities will provide fun and enjoyment and a measure of success for students of all abilities.
- Each lesson will provide opportunities for skill development and good sporting behaviours.
- The school will embrace Bluearth philosophy to be active, learn, reflect and enjoy physical activity.

Organisation

- At least two (2) one hour (60 min) Physical Education or Bluearth lessons to be taught by the classroom teacher each week.
- A swimming program held in Term Four (Year3 to Year 6) at *YMCA* (Barr Reserve) and (Foundation to Year 2) at *Moore Than Swimming*.
- Athletics days to be held with Our Lady's Primary and St. Bernard's Primary (Year 3 – Year 6) at alternate venues.
- Involvement with Life Education Van (alternate years).
- Presentation pathway; Teacher pathway and Student pathway involvement with Life Relationships (Year 5 - 6), alternate years.
- Opportunities for students to be selected for state and regional teams i.e. athletics, cricket, hockey.
- Interschool Sports to be held in Term Two (Football/Netball).

Planning

- Individual teachers are responsible for planning all PE/Bluearth activities, as well as integrating into other areas of the curriculum.
- Planning for combined activities with St Bernard's and Our Lady's Schools is undertaken in consultation with the Physical Education Coordinator of each school.
- Physical Education Coordinator will organise all representative opportunities for students through Victorian Primary School Sports Association (VPSSA) trials and events.
- The Physical Education Coordinator responds to and invites other organisations to conduct training and education programs at the school.



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- Sports captains are elected / appointed in Year 6.
- Sports Captains will organise the Twilight Sports in consultation with the Physical Education Coordinator. *This is a whole school athletics and games evening that is held in Semester 2 (Term 4).*
- Life Education Van to be booked for all classes, in alternating years.
- Life Relationships to be held on a two year cycle (odd years).
- There is a whole school approach to the development of nutritional awareness.
- Whole School Cross Country (3-6 Regional Cross Country).
- Jump Rope For Heart to be held in Term 3 (alternate years)
- Teacher versus student events to be held on a termly basis including sports such as netball, football and basketball.
- Footy Colours Day to raise funds for local charities.

Resources:

Core (Curriculum) Planning Resources

1. Victorian Curriculum
2. Blueearth Discovery Manual and Website
3. Life Relationship Documents

Evaluation

Teacher observation and recording of:

- Participation
- Development of motor skills
- Attitude to physical activity and personal wellbeing
- Development of identity

Monitoring Program Implementation & Policy Development

- Stocktaking of Physical Education equipment; ensure all sporting equipment is of sound condition, properly maintained and stored correctly.
- Health and Physical Education Coordinator is responsible for maintaining and purchasing equipment.
- Evaluations of programs including Life Education and Life Relationships programs.
- Training of all staff in Blueearth.

Occupational Health & Safety

When planning and teaching Physical Education lessons, teachers will ensure that the students are:

- Properly warmed up before strenuous exercise to prevent/ help minimise injury.
- Using sporting equipment that is of sound condition to help prevent/ minimise injury.
- Instructed on the correct technique and use of equipment.
- Supervised adequately at all times, with correct student to instructor ratios for excursions & water safety program.
- Sunsmart Policy (Broad brimmed hats to be worn during terms 1 & 4).

Principal Signature: _____