

SACRED HEART PARISH SCHOOL

HEALTH & PHYSICAL EDUCATION

POLICY

Rationale

Health and Physical Education focuses on students enhancing their own and others' health, safety, wellbeing and physical participation in varied and changing contexts. Research in fields such as sociology, physiology, nutrition, biomechanics and psychology informs what we understand about healthy, safe and active choices. Health and Physical Education offers students an experiential curriculum that is contemporary, relevant, challenging, enjoyable and physically active.

In Health and Physical Education, students develop the knowledge, understanding and skills to strengthen their sense of self, and build and manage satisfying relationships. The curriculum helps them to be resilient, and to make decisions and take actions to promote their health, safety and physical participation. As students mature, they develop and use critical inquiry skills to research and analyse the knowledge of the field and to understand the influences on their own and others' health, safety and wellbeing. They also learn to use resources for the benefit of themselves and for the communities with which they identify and to which they belong.

Integral to Health and Physical Education is the acquisition of movement skills, concepts and strategies to enable students to confidently, competently and creatively participate in a range of physical activities. As a foundation for lifelong physical participation and enhanced performance, students develop proficiency in movement skills and concepts acquiring an understanding of the science behind how the body moves. In doing so, they develop an appreciation of the significance of physical activity, outdoor recreation and sport both in Australian society and globally.

Movement is a powerful medium for learning, through which students can acquire, practise and refine personal, behavioural, social and cognitive skills. The Health and Physical Education curriculum addresses how contextual factors influence the health, safety, wellbeing, and physical activity patterns of individuals, groups and communities. It provides opportunities for students to develop skills, self-efficacy and dispositions to advocate for, and positively influence, their own and others' health and wellbeing.

Healthy, active living includes promoting physical fitness, healthy body weight, psychological wellbeing, cognitive capabilities and learning. A healthy, active population improves productivity and personal satisfaction, promotes positive social behaviour and reduces the occurrence of chronic disease. Health and Physical Education teaches students how to enhance their health, safety and wellbeing and contribute to building healthy, safe and active communities.

Aims

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

- access, evaluate and synthesise information to take positive action to protect, enhance and advocate for their own and others' health, wellbeing, safety and physical participation across their lifespan
- develop and use personal, behavioural, social and cognitive skills and strategies to promote a sense of personal identity, 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 to 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.
- engage and enjoy active participation in a physical environment at times lead by student voice.

Implementation:

The Health & Physical Education is an essential component of the Victorian Curriculum. The Physical Education teacher is responsible for planning and implementing a balanced program incorporating the area of:

- Ball-handling skills
- Fundamental Motor Skills
- Athletics
- Gymnastics
- Dance
- Minor/Major Games

P.E will be taught accordance with Victorian Curriculum. The principle aim is to develop the students' knowledge, skills and understanding, this is done through a mixture of whole class teaching and individual/group activities.

- Appointed physical education staff will provide a sequential Physical Education skills and sporting program for all students.
 - Learning opportunities must be provided that cater for the identified needs of each student.
 - Student progress in both dimensions of Health and Physical Education will be reported in half and end of year academic reports.
 - Students will be timetabled for a weekly total of 2 hours of Physical Education.
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- Budgets that provide for the needs of both the Health and Physical Education programs will be developed by staff and resourced by school.
 - The Physical Education coordinator will be responsible for coordinating the school's athletics, inter-school and intra-school sports programs.

Sacred Heart Parish School provides a range of PE and outdoor education related activities:

- Gymnastics
- District Winter Sport Competition –
- District Summer Sport Competition-
- District Cross Country
- School Athletics Carnival
- District Basketball Tournament

These extra activities encourage children to further develop their skills in a range of areas. It also introduces a competitive element to learn team sports and allows the students to put into practice the skills that they have developed in their P.E lessons. These opportunities foster a sense of team spirit and cooperation amongst our students.

Evaluation:

- This policy will be reviewed as part of the school's four-year review cycle.
This policy was last ratified by the staff and school leadership team in....

March 2021