



St Francis of Assisi
PARISH PRIMARY SCHOOL

HEALTH AND PHYSICAL EDUCATION POLICY

Rationale

The domain of Health and Physical Education promotes an understanding of the importance of the human being as created in the image and likeness of God, and therefore of profound worth and dignity. As people of body and spirit we are called to nurture and develop our physical, emotional and spiritual wellbeing. The Health and Physical Education domain is divided into two dimensions.

Aims

Health and Physical Education aims to develop in students:

- A sense of their responsibility for their own physical, social, emotional and spiritual welfare.
- An appreciation of their wholeness as human beings made in the image and likeness of God.
- An understanding that health has physical, social, emotional and spiritual dimensions.
- An understanding of the factors that impact directly and indirectly on the health and safety of individuals, families, groups and communities.
- Knowledge and skills to plan, implement and evaluate actions to promote health and safety.
- An awareness of the physical, social and emotional development across the human lifespan to promote their health and wellbeing.
- Knowledge of the health needs of children and adolescents at their particular stages of development.
- A knowledge and respect for their own and others personal development, including sexuality, as a gift from God.
- An understanding of human relationships with others based on the Christian principles of respect, compassion, tolerance and acceptance.
- An understanding of how relationships develop and change, and the knowledge and skills to promote effective relationships.
- Knowledge of the physical, emotional and social development of children and adolescents, including factors that impact on this development.
- Changing roles, expectations, responsibilities and relationships as people grow and develop.
- The development of cohesive personal values and principles based on gospel values and teachings.
- An understanding of the characteristics of and skills required for effective relationships in family, social and personal contexts.
- Experience as a skilled participant in play, games, dance, gymnastics, aquatics, sport, outdoor activities and recreation.
- Knowledge and skills to assess the range of information, products, resources and services that promote health, development and participation in physical activity.

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- Movement patterns and coordinated actions of the body in different contexts and settings, with and without the use of appropriate equipment.
- Clear understanding of the health benefits of physical activity.
- Developing social skills where learning situations often stress cooperation and teamwork to achieve a goal, though both indoor and outdoor activities and games, in recreation and during competitive sports.

Implementation

- All students at St Francis of Assisi study a sequential Health and Physical Education course based on the AusVELS curriculum framework.
- Classroom teachers are required to work with their respective level teams to develop and implement a joint Health and Physical Education course for all students. These teams and the Physical Education Specialist work together to ensure the appropriate integration of all aspects of the Health and Physical Education domain.
- The Growing Together in Life and Love program forms part of the Health and Physical Education program for all classes. It is integrated appropriately with other curriculum areas, in particular Religious Education where there is a strong awareness that Jesus Christ and His gospels are so much at the core of their personal development. In faith and in freedom they will journey, to become complete, fully integrated, fully human persons.
- Learning opportunities are provided that cater for the identified needs of each student.

Movement and Physical Activity

An appointed physical education specialist teacher will provide a sequential Health and Physical Education program based on the Victorian Essential Learnings domain. This includes a comprehensive sporting program for Grades 4-6 throughout the year.

St. Francis of Assisi provides a well balanced, comprehensive health and physical education program in the following areas:

Athletic	Ball handling / Fundamental Motor Skills
Fitness	Gymnastics / Movement
Dance	Games / Sport Education
Aquatics	Outdoor Adventure Activities

The Health and Physical education program aims to provide all children with the opportunity to be involved in a range of movement experiences that enhance optimal growth and development.

- Develop confidence and competence in the acquisition of basic motor skills that will enhance participation in a variety of physical activities.
- Attain and maintain a level of fitness that will allow the individual to perform daily tasks with control, efficiency and effectiveness.
- Experience fun and enjoyment through participation.
- Develop social skills that will enable students to function effectively in interpersonal relationships.
- Develop a positive attitude towards exercise and a healthy lifestyle.

Student progress in the *Movement and Physical Education* dimension of Health and Physical Education will be reported in half and end of year academic reports by the Physical Education Specialist. This will be completed through assessment in specialist lessons and particular sporting programs throughout the various levels as appropriate.

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N.B. Any teacher who is advised that a child is not to participate in Physical Education due to ill health or injury is to attend another class during that session.

Time Allotment

Students in P-6 are timetabled for one 40 minute physical education session every week, while students in grades 4-6 are given numerous opportunities to compete in a range of sporting events throughout the year, at a district, zone and state level of competition.

Grade 5 and Grade 6 students are invited to compete in the district winter sports fixture, or participate in a school based sporting competition, which runs on a weekly basis throughout the second term of school.

Sunsmart Policy

As per the school's "Sunsmart Policy" the wearing of broad brimmed hats during 1st and 4th Terms is required during recess and lunch play times, as well as outdoor P.E. or sport lessons/activities as well.

Inter-school Sport

The school will participate in the following Mill Park Primary School Sports District series of events:

- Inter-School Cross Country (Year 6)
- Inter-School Winter Sports (Year 6)
- Inter-School Athletics (Year 6)
- Inter-School Basketball (Year 6)
- Inter-School Girls Soccer (Year 6)
- Inter-School Boys Baseball (Year 6)

From these events children may be selected to participate in Zone and State Competitions.