

HEALTH AND PHYSICAL EDUCATION POLICY

RATIONALE

We teach Health and Physical Education because it supports the school's goal of meeting the needs of the whole child and encourages students to live healthy, happy and productive lives.

DEFINITION

Health and Physical Education develops and promotes movement and physical activity. It promotes an understanding of health, human development, safety, sexuality and relationships. It is the development of physical, mental, emotional and social wellbeing of individuals and society.

PRINCIPLES

1. For general principles about teaching and learning refer to the Teaching and Learning Policy.
2. Students will develop their knowledge and skills to make informed decisions, plan strategies and evaluate actions that promote growth and development.
3. Health and Physical Education gives students skills to solve problems and meet personal needs.
4. Students will participate in structured and informal physical activities.
5. Students acquire and apply knowledge in fine and gross motor skills. The Physical Education programme includes play, games, sport, dance, swimming and outdoor activities.
6. All students should receive a comprehensive Health and Physical Education program.
7. The Health and Physical Education programme is an important element of the school curriculum.
8. The Health and Physical Education programme promotes movement education, physical education, skill acquisition, fitness and an active lifestyle.

GOALS

Health and Physical Education aims to assist students to:

1. know more about themselves and about how to relate well with others.
2. develop a respect for the diversity within the School Community.
3. understand the links between nutrition, exercise and good health.
4. experience the benefits of movement education, physical education, skill acquisition, fitness and an active lifestyle.
5. improve their decision-making and action regarding the use of health information.
6. understand and respond to community health issues which may arise. These may include sexuality, food and nutrition, drug education, asthma and allergies.
7. understand the importance of rules and fair play through participating in games, dance, sport, outdoor activities, leisure and recreation.

8. focus on safety and identification of strategies to minimise harm associated with particular situations or behaviours.
9. develop an understanding of the importance of a balance between the physical, social, spiritual and mental aspects of an individual's health.
10. promote their own and others' worth, dignity and rights as individuals and as members of groups.

STRATEGIES

Health and Physical Education will be taught through:

1. Physical Education sessions
2. Participation in Inter and Intra-school sports, school and district athletics, cross country running and a swimming program
3. *Changes* – a whole school sexuality programme
4. An integrated curriculum which will draw from the strands of
 - human movement
 - physical activity and the community
 - physical, personal and social learning
 - human development
 - human relations
 - safety
 - health of individuals and populations
 - people and food.
5. When appropriate information sessions and or discussion groups will be provided for parents and carers.
6. Staff will be provided with professional development.
7. Healthy lifestyle initiatives such as *Walk to School Day* will be supported.

REFERENCES

SSPS Teaching and Learning Policy and Program

SSPS Healthy Relationships Policy

SSPS Canteen Policy

SSPS Nutrition Policy

SSPS sponsorship and Fundraising Policy

Victorian Education Learning Standards

The Health and Physical Education Course Advice

Victorian Government School Reference Guide, Section 3.16 Physical and sport education

- 3.16.1 Physical and sport education policy
- 3.16.2 School sport
- 3.16.3 Professional development

DATE

Original Policy	1995
Reviewed and endorsed	2007