



## Sale Primary School No 545

# Health and Physical Education ~ POLICY

## 1. PURPOSE

To develop a program that:

- ❖ Promotes knowledge, skills and behaviours enabling students to work toward developing independence of their physical, mental, social and emotional health.
- ❖ Fully engages students in physical activity, games, sport and outdoor recreation.
- ❖ Supports and encourages children to share equipment and adhere to rules that aid participation and cooperation.
- ❖ Encourages students to maintain good health and live a healthy lifestyle.

## 2. BROAD GUIDELINES

### ***MOVEMENT & PHYSICAL ACTIVITY:***

#### **Physical Education** (*Evaluated from Level 1*)

- ❖ Develop and maintain: body mechanics, cardio-respiratory efficiency, muscular strength, power and endurance, joint mobility, agility and balance through efficient and co-ordinated movement.
- ❖ Develop and maintain competency in the 11 Fundamental motor skills and movement patterns.
- ❖ Provide students with activities that use motor skills and movement patterns, with and without equipment, which will enable participation in: water activities, dance, gymnastics, ball sports, outdoor recreation, team sports, individual sports and athletics.
- ❖ Provide students with the opportunity to describe and identify links between physical activity and health.

#### **Fitness:**

- ❖ Develop a program of vigorous exercise that promotes a healthy lifestyle, incorporating a range of enjoyable activities geared towards the fitness attributes: speed, agility, strength, aerobic endurance and flexibility.

#### **Sport:**

- ❖ Develop specific motor skills and movement patterns related to major games via modified games/activities.
- ❖ Develop an understanding and acceptance of appropriate social behaviour in sport including: encouragement of sportsmanship and etiquette, commitment and responsibility, consideration of others, co-operation, and initiative when participating in sport.
- ❖ Provide opportunities for students to use both basic games tactics and strategic thinking, to work with those both less and more skilled than themselves.
- ❖ Develop the understanding of following rules and procedures and how this is linked with safe conduct during these games and activities.
- ❖ Evaluate performance of others and provide feedback to them.

#### **Swimming:**

- ❖ Teach all students safety and confidence in the water through instruction in water safety, survival skills, efficient stroke development and the encouragement of participation in water activities for leisure.

### **PMP:**

*"PMP is a Perceptual Motor Program aiming to develop a child's perceptions and understandings of him/her self and his/her world through movement and motor experiences"*

Provide a comprehensive program for all students in grade prep that will enable the development of:

- \*body & space awareness
- \*visual & spatial skills
- \*communication & behaviour
- \*balance
- \*gross and fine motor skills

(An additional program or opportunity will be provided where possible for students who require extra attention beyond the Prep year.)

### **HEALTH KNOWLEDGE & PROMOTION:**

**Health:** (Evaluated from Level 3)

- ❖ Promote physical, social, emotional and mental health as well as personal development
- ❖ Focus on safety and identifying strategies to minimise harm associated with particular situations and behaviour
- ❖ Provide appropriate programs that reflect current VELS standards and Sale P.S. policies.
- ❖ Promote an understanding of:
  1. Transitions of life from birth to death.
  2. Uses of food to provide energy, growth, repair and regulation of the body's physical functions.
  3. First Aid and preventative medicines.
  4. Causes of disease and injury.
  5. Importance of a safe and healthy environment both locally and globally.
  6. Factors affected by drug uses.

### **Interpersonal Development:**

- ❖ Promote student skill development in:
  - building positive social relationships
  - working and learning in teams
  - managing and resolving conflict
- ❖ Provide programs eg: Core Values/Turning the Tide/ Bounce Back/The Wonder of Living/ that assist students in identifying the harms associated with particular situations and behaviours, and how these harms can be minimized.

### **Traffic Education:**

- ❖ Enable students to identify harms associated with traffic safety and develop an understanding of laws, signs and behaviours to minimise these harms.
- ❖ Incorporate a sequenced Bike Education Program (at Grade 4) that promotes and develops bike handling skills that enable students to become more aware of traffic conditions and safer bike users.

### **Outdoor Recreation:**

- ❖ Provide outdoor recreational experiences that contribute to a sense of community and social connectedness
- ❖ Facilitate outdoor recreational activities in a variety of different setting that promote confidence and an awareness of risk taking and harm minimisation to pursue an active and healthy lifestyle.

### **3. IMPLEMENTATION OF MOVEMENT & PHYSICAL ACTIVITY**

<b>CSF Level</b>	<b>Grade</b>	<b>Physical Education</b>	<b>Fitness</b>	<b>Sport</b>	<b>Swimming</b>	<b>PMP</b>
<b>One</b>	<b>Prep</b>	PMP VELS Movement & Physical activity section 1 x 45 min P.E. session per week Gymnastics Dance Games FMS	3 x 10 min sessions per week Suggested activities: Fitness games, Tabloid Sports, Obstacle Courses, Dance & Aerobics Swimming	Moveathon Running Walking Skating Junior Sports Day	A minimum of: 1 term 1 x 40 min session Water Familiarisation Water Awareness	1 x 30 mins session per week
<b>Two</b>	<b>1</b>	PMP VELS Movement & Physical activity section 1 x 45 min P. E. session per week Gymnastics Dance Games FMS	3 x 15 min sessions per week Suggested activities: Fitness games, Tabloid Sports, Obstacle Courses, Dance & Aerobics Swimming	Moveathon Running Walking Skating Swimming Junior Sports Day	A minimum of: 1 term 40 mins per week Water Awareness & Water Sense	Junior children to access where necessary
	<b>2</b>	PMP VELS Movement & Physical activity section 1 x 45 min P. E. session per week Gymnastics Dance Games FMS	3 x 15 min sessions per week Suggested activities: Fitness games, Tabloid Sports, Obstacle Courses, Dance & Aerobics Swimming	Moveathon Running Walking Skating Swimming Junior Sports Day	A minimum of: 1 term 40 mins per week Water Awareness & Water Sense	
<b>Three</b>	<b>3</b>	Skills related to VELS Movement & Physical activity section. 1 x 45 min P. E. session per week Gymnastics Dance Games FMS	30 min per week Suggested activities: Distance Runs, Dance, Aerobics, Relays, Fitness tests & Minor Games skills. & Swimming	90 mins per week modified games & tabloid sports (with emphasis on skills & rules) House Swimming Sports T1 Cross Country T2 Moveathon (As Above) Athletic Sports T3 Lunchtime Sport	A minimum of: 1 term 40 mins per week Water Sense. Water Wise & Swim & Survive  Term 1: Swimming Carnival/Trials.	
	<b>4</b>	Skills related to VELS Movement & Physical activity section. 1 x 45 min P. E. session per week Gymnastics Dance Games FMS	30 min per week Suggested activities: Distance Runs, Dance, Aerobics, Relays, Fitness tests & Minor Games skills & Swimming	90 mins per week modified games & tabloid sports (with emphasis on skills & rules) House Swimming Sports T1 Cross Country T2 Moveathon (As Above) House Athletic Sports T3 Lunchtime Sport	A minimum of: 1 term 40 mins per week Water Sense. Water Wise & Swim & Survive  Term 1: Swimming Carnival/Trials.	
<b>Four</b>	<b>5</b>	Skills related to VELS Movement & Physical activity section. 1 x 45 min P. E. session per week Gymnastics Dance Games FMS	45 mins per week Suggested activities: Relays, Distance Runs, Dance, Aerobics, Fitness tests, Minor Games Skills & Swimming	90 mins per week Major games (with emphasis on skills & rules): Football, Softball, Hockey, Soccer, Basketball & Netball House Swimming Sports T1 Cross Country T2 Moveathon House Athletic Sports T3 Sports Eisteddfod Inter School Sport Lunchtime Sport	A minimum of: 1 term 40 mins per week Water Sense. Water Wise & Swim & Survive  Term 1: Swimming Carnival/Trials.	
	<b>6</b>	Skills related to VELS Movement & Physical activity section. 1 x 45 min P. E. session per week Gymnastics Dance Games FMS	45 mins per week Suggested activities: Relays, Distance Runs, Dance, Aerobics, Fitness tests, Minor Games Skills & Swimming	90 mins per week Major games (with emphasis on skills & rules): Football, Softball, Hockey, Soccer, Basketball & Netball House Swimming Sports T1 Cross Country T2 Moveathon House Athletic Sports T3 Sports Eisteddfod Inter School Sport Lunchtime Sport	A minimum of: 1 term 40 mins per week Water Sense. Water Wise & Swim & Survive  Term 1: Swimming Carnival/Trials.	

## **IMPLEMENTATION OF HEALTH KNOWLEDGE & PROMOTION**

<b>Health</b>	<b>Interpersonal Development</b>	<b>Traffic Education</b>	<b>Outdoor Education</b>	<b>Grade</b>	<b>CSF Level</b>
VELS Health Of Individuals & Populations Self & Relationships Seasons For Growth	Safety House Program / Protective Behaviour Social Skills Buddies	Streets Ahead Program	Local walks Excursions	<b>Prep</b>	<b>One</b>
VELS Health Of Individuals & Populations Self & Relationships Seasons For Growth	Safety House Program / Protective Behaviour Social Skills	Streets Ahead Program	Local walks Full day Excursions	<b>1</b>	<b>Two</b>
VELS Health Of Individuals & Populations Self & Relationships Drug Education Seasons For Growth	Level 2 VELS Safety House Program Social Skills	Streets Ahead Program	Local walks Excursions	<b>2</b>	
VELS Health Of Individuals & Populations Self & Relationships Drug Education Seasons For Growth	Level 3 VELS Reinforce Safety House Program Social Skills	Streets Ahead Program	Sleepover Clubs Excursions	<b>3</b>	<b>Three</b>
VELS Health Of Individuals & Populations Self & Relationships Drug Education Seasons For Growth	Level 3 VELS Reinforce Safety House Program Social Skills	Streets Ahead Program Bike Ed Program	Camp 3 Days 2 Nights Clubs	<b>4</b>	
VELS Health Of Individuals & Populations Self & Relationships Nutrition Drug Education Turning The Tide Seasons For Growth	Level 4 VELS Reinforce Safety House Program Bounce Back Social Skills Peer Mediation	Streets Ahead Program Revise Bike Ed Skills	Camp 3 Days & 2 Nights Clubs	<b>5</b>	<b>Four</b>
VELS Health Of Individuals & Populations Self & Relationships Sex Education Turning the Tide Seasons For Growth	Level 4 VELS Reinforce Safety House Program Bounce Back Social Skills Peer Mediation	Streets Ahead Program Revise Bike Ed Skills	Camp 5 Days & 4 Nights Clubs	<b>6</b>	

## 4. RESOURCES

<p><b><u>General</u></b>  Curriculum and Standard Framework II.  Department of School Education 2000.  Sports Van Equipment.  Hall Equipment.  PMP Equipment.  Yard Equipment.</p>	<p><b><u>Physical Education</u></b>  <u>ACHPER P.E.P</u> Manuals.  <u>Sport Start.</u>  <u>Ready To Use P.E. Activities (P-2, 3-4, 5-6) –</u>  <u>Landy &amp; Landy.</u>  <u>F.M.S. Manuals.</u>  <u>Do It Daily.</u>  <u>Gym Fun.</u>  <u>Sport It Manuals.</u>  <u>Physical Activity – Ideas For Action –</u>  <u>Elementary Level (L.Allen)</u>  <a href="http://vels.vcaa.vic.edu.au/essential/index.html">http://vels.vcaa.vic.edu.au/essential/index.html</a></p>
<p><b><u>Personal Safety and Social Skills</u></b>  <u>Friendly Kids - Friendly Classrooms</u>-Helen McGrath 1992  <u>Same Kids Different Classrooms</u>- Helen McGrath 1993  <u>Games That Work</u>- Susan Hill 1993  <u>The Collaborative Classroom</u>- Susan and Tim Hill.  <u>Hands Off</u> -  <u>Dirty Tricks</u> -  <u>Seven Ways at Once</u>- M. Intell.  Penny and Pete Videos.  Safety House Manual  Victorian Essential Learning Standards  <a href="http://vels.vcaa.vic.edu.au/essential/index.html">http://vels.vcaa.vic.edu.au/essential/index.html</a></p>	<p><b><u>Health</u></b>  <u>Wonder of Living Kit (updated in 2007)</u>  <u>Quit Program.</u>  <u>Healthy Heart Manuals</u>  <u>Get Wise.</u>  <u>Turning the Tide.</u>  <u>Where Did I Come From? Videos</u>  <u>Get Real Program</u>- D.S.E.  <u>Drug Education- A Personal Development</u>  <u>Approach.</u>  <u>Project Munch.</u>  <u>We are Special</u>- Family Planning Association.  <u>Bounce Back.</u>  <u>Turning the Tide.</u>  <u>Seasons For Growth: Companion’s Manual</u>  <u>Seasons For Growth: Student Journal</u>  <u>Kids – Go For Your Life Kit</u>  <a href="http://vels.vcaa.vic.edu.au/essential/index.html">http://vels.vcaa.vic.edu.au/essential/index.html</a></p>
<p><b><u>PMP</u></b>   <u>PMP</u> (Bulluss &amp; Coles)  <a href="http://www.smartstarters.com.au/WhatIsPMP.html">www.smartstarters.com.au/WhatIsPMP.html</a></p>	<p><b><u>Swimming</u></b>  R.L.S.S. Manual  VICSWIM/AUSTWIM manuals  Water Safety Guidelines Manual. DEET</p>
<p><b><u>Fitness</u></b>  <u>Hooked On Fitness</u> – J.C.Harrison.  <u>Do It Daily.</u>  <u>ACHPER PEP Upper/Lower Primary Manuals.</u>  <u>Australian Fitness Awards.</u>  <u>Aussie Sports Manuals.</u>  <u>Huff and Puff Manuals.</u></p>	<p><b><u>Sport</u></b>  <u>V.P.S.S.A Manual.</u>  <u>Aussie Sports Manuals.</u>  <u>Sport- It Manuals.</u>  <u>Kellogs (Mod. Sport Manual)</u></p>
<p><b><u>Traffic Education</u></b>  <u>Streets Ahead Kit.</u>  <u>Bike Education Manual.</u></p>	<p><b><u>Outdoor Education</u></b>  <u>Camping Association of Victoria Manual.</u>  <u>School Operations Manual D.S.E.</u>  <u>Sale Camping File- Assistant Principal’s Office.</u>  <u>Water Safety Guidelines Manual.</u></p>

## **5. EVALUATION**

This policy will be evaluated as per the school review cycle.

### **Physical Education**

The Physical Education teacher / specialist will continuously monitor skill development in *Movement & Physical Activity* and regular communication will be maintained with classroom teachers (if applicable.)

Individual Report forms will be provided for parents and students.

Emphasis will also be placed on the Fundamental Motor Skills as outlined in the DEET FMS Manuals.

### **Fitness**

Fitness attributes and participation rates will be monitored as part of the weekly programs of both classroom teacher & Physical Education specialist

Emphasis will be placed on the Fitness Attributes as outlined in the Australian Fitness Standards Program.

### **Sport**

Records of participation rates, co-operation, sporting attitude and team spirit to be maintained by classroom teachers.

### **Swimming**

Records of participation rates will be monitored weekly by classroom teachers.

Swimming Coordinator to collate all records.

All Children to be assessed as per RLSSA levels.

### **PMP**

Comprehensive individual records maintained for the length of the program.

### **Health**

As per classroom evaluation programs.

### **Interpersonal Development**

As per classroom evaluation programs.

### **Traffic Education**

As per classroom evaluation programs

Grade 4 children will undertake Bike Ed. Tests as established in the Vic Roads Bike Ed. Manual.

### **Outdoor Recreation**

All camp experiences will be evaluated annually as per Camp Policy Document.