Rationale

Physical education educates students in, about and through movement. This typically involves students taking part in a variety of physical activities designed to develop an understanding of the body and its movement potential. Physical education is an all-encompassing term for a wide range of physical activities. These include fitness, movement, recreation, health, games and sport, plus the values and knowledge of each. Physical education should help students to develop the competencies and beliefs necessary for incorporating regular activity into their everyday lives, both now and into the future.

Sport is part of Australian culture. School is often where students first participate in organised sport. It is important these experiences be positive for students to continue a lifelong association with sport. Sport education is the part of physical education that includes the development of sport skills, an understanding of the origins and rules of various sports and an appreciation of the codes of behaviour. Sport education builds on the knowledge, skills, attitudes and values gained through physical education.

Aims

- To provide a well-balanced, comprehensive program based on the Victorian Essential Learning Standards, covering the following areas:
  * Athletics;
  * Ball handling / Fundamental Motor Skills;
  * Fitness;
  * Gymnastics / Movement;
  * Dance;
  * Games / Sport Education;
  * Aquatics; and
  * Outdoor Adventure Activities.

- To provide all students 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; and
  * develop a positive attitude towards exercise and a healthy lifestyle.

- To provide students with the appropriate knowledge, skills, understanding and motivation so that they will have the necessary tools to seek health and physical well-being through lifelong involvement in physical activity.
Implementation

- To give students every opportunity to participate and succeed in physical education and sport, teachers need to focus on the following aspects of teaching and learning:
  * Communicating effectively;
  * Providing an environment that encourages maximum participation;
  * Supporting students having difficulty;
  * Being aware of the needs of students from other cultures;
  * Keeping the learning environment safe;
  * Being a good role model; and
  * Reflecting on the quality of outcomes.

- In physical education, teachers should:
  * Provide all students with opportunities that allow them to experience success;
  * Offer feedback to students on their performances in a private setting (where possible) to avoid embarrassment;
  * Focus on students obtaining and developing their fundamental motor skills; and
  * Engender positive attitudes towards physical activity.

- In sport, teachers should:
  * Reduce the emphasis on winning and losing;
  * Focus on maximum participation;
  * Encourage self-control and respect for others;
  * Provide modification and structures to ensure that all rules and dimensions of the game are appropriate to the skill level of the students; and
  * Promote enjoyment and active involvement for all students.

- Students in Grade Prep to Grade 3 will be timetabled for daily 20-30 minutes physical education sessions.

- Students in Grades 4 to 6 will be timetabled for 3 hours per week including a maximum of 90 minutes for sport, and the balance dedicated to physical education.

- As per the school’s Sun Smart Policy, the wearing of hats is compulsory during Terms 1 and 4 while involved in outdoor physical education and/or sport.

- During the year each child will be provided with the opportunity to participate in a school Swimming Program. The cost of the program will be kept to a minimum and payment plans made available to parents. All components of the program will meet Department of Education and Early Childhood Development requirements for school swimming.

- Students who are unable to participate in physical education or sport due to injury or ill health will be required to produce a note to the class teacher.

- Students will be excused from participation if their religious or cultural beliefs are in conflict with a given activity.

- The school may participate in the following Sport Association Days:
  * Inter-School Cross Country (Grades 3, 4, 5 & 6)
  * Inter-School Major Games Day (Grades 3, 4, 5 & 6)
* Inter-School Athletics (Grades 3, 4, 5 & 6)
* Inter-School Swimming (Grades 3, 4, 5 & 6)

These events are total participation sporting activities with all students from the above grade levels participating. From these events, students will be selected to participate in Zone and State Carnivals.

References

- Flagship Strategy 1 - Student Learning – February 2006 DVD
- Victorian Government Schools Reference Guide

Evaluation

This policy will be reviewed every three (3) years or as deemed necessary.