Burwood East Primary School No. 454

Physical Education Policy

Rationale
Physical Education is an important part of each student’s physical, social and emotional development. It can also provide enjoyable learning experiences to assist students’ physical development, as well as extending their ability to develop and perform physical skills.

Physical Education educates students in, about and through movement. Movement involves students taking part in a variety of physical activities designed to develop an understanding of the body and its movement potential.

Movement is also the medium for exploring and developing human relations and safety concepts. The development of social skills and safety concepts is an explicit outcome of the physical and sport education program of this school.

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 appropriate values and knowledge of each.

Physical education should help students to develop the competencies and beliefs necessary for incorporating regular activities into their lives.

Sport is part of Australia’s culture. Primary school is often where students first participate in organised sport. It is important that these experiences are positive if students are to continue a lifelong association with sport.

Sport education is a 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 and values gained through physical education.

Guidelines
- Provide a well based, comprehensive program based on the Victorian Educational Learning Standards (VELS).
- Deliver a platoon system with a planner provided by the Physical Education Coordinator.
- The physical education program aims to provide all children with the opportunity to –
  a) Be involved in a range of movement experiences that enhance optimal growth and development.
  b) Develop confidence and competence in the acquisition of basic motor skills that will enhance participation in a variety of physical activities.
  c) Attain and maintain a level of fitness that will allow the individual to perform daily tasks with control, efficiency and effectiveness.
  d) Experience fun and enjoyment through participation.
  e) Develop social skills, which will enable students to function effectively in interpersonal relationships.
  f) Develop a positive attitude towards exercise and a healthy lifestyle.

By providing the children with the appropriate knowledge, skills, understandings and motivation they will have the necessary tools to seek health and physical well being through lifelong involvement in physical activity.
Implementation

- A Physical Education Coordinator will be appointed each year and will have the responsibility for ensuring that the policy is implemented throughout the school.
- Students in Level 1 & 2 will be timetabled for the equivalent of 30 minutes daily physical education sessions, while students in Level 3 & 4 will be timetabled for three hours per week including a maximum of 90 minutes for sport, and the balance dedicated to physical education. (According to the requirements of the Department of Education and Early Childhood Development)
- As per the school’s “Sunsmart Policy” the wearing of broad brimmed hats during 1st and 4th terms while involved in outdoor P.E. or sport will be required.
- During the year each child, where practicable, will be provided with the opportunity to participate in a two week intensive School Swimming Program. All components of the program will meet DEECD requirements for school swimming.
- Bike Education will occur where suitably qualified staff is available. Children in Grade Five will participate in the Bike Education program to assist them to ride in a balanced and safe manner. Also to make them aware of road rules for bikes and to prepare them to ride safely to school if they choose to.
- Perceptual Motor Program will be offered to children in Level 1 & 2, depending on parent support.
- Sport / Inter-school Sport.
  - House Cross Country (Level 3 & 4)
  - House athletics (Level 3 & 4)
  - The school will participate in the following Syndal District School Sports Association (SDSSA) Days when practical –
    - Inter-school Cross Country (Selected Levels 3 & all Level 4)
    - Inter-school Summer and Winter Sport (Level 4)
    - Inter-school Athletics (Selected Levels 3 & all Level 4)
    - Round Robins – soccer and basketball (Level 4)
    - Grade Six Social Sports Day
- These events are total participation sporting activities with children from the above grade levels participating.
- Children will be given the opportunity to attend District and Zone trials in a range of sports including Cricket, Football, Basketball, Netball, Tennis, Golf and others that are available.
- From these events children will be selected to participate in Zone and State Carnivals.

Additional Activities may occur such as Footy Tabloid Day and sports clinics – as offered

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