



St Kevin's

Health and Physical Education Policy

Rationale:

Health and Physical Education teaches students how to enhance their health, safety and wellbeing and contribute to building healthy, safe and active communities. In Health and Physical Education, students develop the knowledge, understanding and skills to strengthen their sense of self, and build and manage satisfying relationships. As a foundation for lifelong physical activity participation and enhanced performance, students develop proficiency in movement skills, physical activities and movement concepts and acquire an understanding of the science behind how the body moves.

Aims:

At St Kevin's, the Health and Physical Education program enables students to develop:

- an appreciation of the significance of physical activity, outdoor recreation and sport both in Australian society and globally
- an understanding that health has physical, social and emotional dimensions
- the knowledge, understanding and skills they require to make healthy, safe and active choices that will enhance their own and others' health and wellbeing
- movement skills, concepts and strategies to respond confidently, competently and creatively in a variety of physical activity contexts and settings
- knowledge, understanding and skills to make safe decisions and behave in ways that protect their own safety and that of others

Implementation:

- At St Kevin's the Health and Physical Education program is based on the learning outcomes from the Victorian Curriculum
- Health and Physical Education is taught by all staff and actively promoted across the school
- The Health and Physical Education outcomes are embedded in Inquiry units and the Social Emotional Learning programs where this is appropriate
- Specialist teachers support the Physical Education program for at least one hour per week for all classes and offer clinics to develop specific skills
- Students' previous knowledge and individual abilities are considered when planning units of work

- Opportunities are provided to develop skills in a variety of physical movement areas e.g. dance, swimming, athletics, gymnastics, team sports, skipping, Interschool Sports
- Prep to Year 6 students participate in a Bike Education program each year
- Prep to Year 4 students participate in an intensive swimming and water safety program each year
- Year 5 and 6 students participate in an annual camp to promote healthy living, resilience and positive relationships
- Student achievements are recognised and celebrated by the community e.g Newsletters, assemblies, awards, Sports events
- The online app Seesaw is used to showcase student progress to parents
- Student progress is reported against the Victorian Curriculum learning standards for Health and Physical Education

Evaluation:

- This policy will be reviewed as part of the school’s four-year review cycle.

Reviewed by SDC: July 2018	Reviewed by Staff: July 2018	Ratified by Ed Board: July 2018 (or TBA)	Next review: July 2022
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