

PERSONAL DEVELOPMENT POLICY

BASIC BELIEFS:

- Health and Physical Education are an important part of the children's physical and social development.
- Health and Physical Education plays an essential part in establishing a sound basis for healthy living.
- Parents and the wider community play a major role in the fostering of healthy lifestyles.
- Children must be provided with information, which will allow them to make informed decisions about their own well being.

AIMS:

- To foster a positive self-image and self esteem.
- To encourage girls to view themselves as having life long sporting options.
- To encourage children to learn about, and be safe within their environment.
- To provide accurate information about health and health-related matters.
- To develop in children an understanding of their emotional and physical growth and development.
- To encourage an acceptance and understanding of others.
- To encourage the involvement of parents and the wider community in the Health and Physical Education Program.

GUIDELINES FOR ACTION:

- Health and Physical Education encompasses the following components: - Physical Activity and Movement, Food and Nutrition, Health, Safety, Challenge and Risks, Human Development and Relationships.
- Outside groups and associations will be used to enhance the Health and Physical Education Program.
- Health and Physical Education topics are part of the classroom Integrated Curriculum program planning where possible.
- Communication between parents, children and teachers will enhance the Health and Physical Education Program across the school.