

PHYSICAL EDUCATION PROGRAM

BASIC BELIEFS:

- Health and Physical Education are an important part of the children's physical and social development.
- The Health and Physical Education Program will actively encourage and aim towards active participation for all.
- Health and Physical Education plays an essential part in establishing a sound basis for healthy living.
- Girls are traditionally disadvantaged in the area of Physical Education and affirmative action is needed.
- 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 make participation in the Health and Physical Education curriculum enjoyable.
- To encourage and work towards fitness, participation and appreciation of physical activity.
- To provide a wide range of experiences and activities that take into consideration all children's interests and previous experiences.
- To encourage good sporting and cooperative behaviour.
- To foster a positive self-image and self esteem.
- To encourage girls to view themselves as having life long sporting options.
- To develop the children's skills, in all areas, to their individual capability so that the skills developed can be transferred to activities or games both in and out of school.
- 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:

- All children will have access to the program; some integration children may require the assistance of an integration aide.
- Health and Physical Education encompasses the following components: - Physical Activity and Movement, Food and Nutrition, Health, Safety, Challenge and Risks, Human Development and Relationships.
- Sports equipment will be provided in each classroom for borrowing at recess times.
- The children in Grades 5 and 6 will be involved in the interschool sports program.
- Outside groups and associations will be used to enhance the Health and Physical Education Program.
- Positive role models for girls will be established eg. Clinics and speakers from V.I.S. and other sporting bodies.
- In the areas of Health and Physical Education staff will act as role models for all children.
- Male role models from non-traditional sports may also be utilised.
- 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.
- A Physical Education specialist teacher to take PE classes is a staffing priority.