

## **HEALTH AND PHYSICAL EDUCATION POLICY**

### **1. PURPOSE**

Neerim South Primary School endeavours to offer all students a way of promoting a healthy and happy lifestyle.

To promote, continue and improve the understanding of the seven strands of physical activity and movement, food and nutrition, health and safety, human development and human relations.

### **2. AIMS**

- 2.1. To develop knowledge and skills that promote participation in physical activity, fitness, healthy growth and development, effective relationships and the safety and health of individuals and groups.
- 2.2. To create environments that support health and participation in physical activity, and contribute to community activity.
- 2.3. To involve students as skilled participants in play, games, dance, gymnastics, aquatics, sport, outdoor activities, leisure and recreation. (Moneghetti Report)
- 2.4. To respect the rights, worth and dignity of all individuals.
- 2.5. To consider the influence of diverse values, attitudes and beliefs on personal and group decisions and behaviour related to health, safety and physical activity.
- 2.6. To use and evaluate services, products and facilities that promote health and participation in physical activity, and understand consumers' rights and responsibilities.
- 2.7. To develop an understanding of the basic concepts of movement and the biomechanical and physiological principles of movement.
- 2.8. To develop an understanding of the concept of fitness and its biological and sociocultural dimensions.
- 2.9. PMP Program for P/1/2.
- 2.10. Complete School audit through Active Australia Sports Network.
- 2.11. Continue the peer mediation program in 2003.
- 2.12. Equal share of the stadium.

### **3. STRANDS IN THE H & PE CURRICULUM STANDARDS FRAMEWORKS**

- 3.1. Human Movement
- 3.2. Physical Activity and the Community
- 3.3. Human Development
- 3.4. Human Relations
- 3.5. Safety
- 3.6. Health of Individuals and Populations
- 3.7. People and Food
- 3.8. Bike Education

### **4. HEALTH AND PHYSICAL EDUCATION PROGRAM BUDGET.**

- 4.1. To be determined yearly to cover:-

- 4.2. PE Equipment
- 4.3. Playground Equipment for student use e.g. balls, bats, etc.,
- 4.4. Bike Education
- 4.5. Swimming
- 4.6. Books and Resources – “Ready to use PE Lesson”
- 4.7. Affiliations
- 4.8. PMP Equipment

## **5. ASSESSMENT**

- 5.1. Learning outcomes are specific for each strand at each level. These relate to the aspirations of each curriculum focus, and provide bench marks against which students’ achievements can be measured.
- 5.2. Outcome statements cannot be used by themselves to report with precision on an individual student’s achievement or progress.
- 5.3. Assessment will be on-going.
- 5.4. Check lists to be developed for assessment of skills in all areas.
- 5.5. Vic Swim and Survive levels used to assess swimming progress.
- 5.6. Twice yearly ACPHER fitness tests to be administered to Gr3-6.
- 5.7. Bike Education road test used for Gr 5-6.
- 5.8. PMP Levels.
- 5.9. Peer Mediation