



# Fish Creek & District Primary School Physical Education Policy

## **Rationale:**

Physical Education educates students in, about and through movement. Physical Education should help students to develop the competencies and beliefs necessary for incorporating regular activity into their lives. School is often where students first participate in organised sport. It is important these experiences be positive for students to continue a lifelong association with sport. Sport education builds on the knowledge, skills, attitudes and values gained through physical education.

## **Aims:**

The Physical Education dimension aims to develop in students:

- an understanding of the factors that impact on health, fitness and safety
- the knowledge and skills to promote effective relationships
- the skills to participate successfully in play, games, dance, aquatics, sport and recreation
- the ability to describe how their body moves and strategies to improve personal performance
- lifelong participation in physical activity and/or sport

## **Implementation:**

- Provide a well-balanced, comprehensive program based on AusVELS (Victorian Essential Learning Standards) covering the following areas:
  - Athletics
  - Ball handling / Fundamental Motor Skills
  - Fitness
  - Dance / Movement
  - Games / Sport Education
  - Aquatics (Years 1 - 6)
- All classes will participate in 2.5 hours of physical activity per week as per AusVELS guidelines. This will include fitness activities, weekly physical education skills lessons focussing on Fundamental Motor Skills, a weekly sports program comprising minor and major games.
- Students in Years 1 - 6 will be expected to participate in a water safety program run by an approved provider, supplying qualified instructors as per the DEECD guidelines.  
<http://www.education.vic.gov.au/school/principals/spag/curriculum/Pages/swimming.aspx>
- The school will be involved in
  - Swimming sports – Central District squad days and Division
  - Athletic sports – Waratah Cluster, Central District squad days and Division
  - Cross Country
  - Interschool Sport Years 5 and 6
- Workshops from various sporting groups will be made available for students (e.g KangaCricket, tennis coaching etc)
- In consultation with staff, the teacher designated the Physical Education Coordinator will manage a budget to provide resources for the program.

## **EVALUATION**

- Student progress will be reported to parents in June and December.
- This policy will be reviewed as part of the school's three-year review cycle.

This policy was last ratified by School Council on

14/10/14

Review Date

2017