HEALTH AND PHYSICAL EDUCATION POLICY-2013
To be reviewed: 2016

RATIONALE:

Health and Physical Education is an integral part of the curriculum. It “provides students with knowledge, skills and behaviours necessary for the pursuit of lifelong involvement in physical activity, health and well being” (VELS, Health and Physical Education Domain, 2007)

It encourages students to develop as people who take responsibility for their physical well-being, learning, relationships and their roles in the local, national and global community.

AIMS:

- To encourage and promote good health and how to live a healthy lifestyle;
- To understand the role of physical activity in maintaining good health;
- To encourage sportsmanship;
- To promote engagement in physical activity.

IMPLEMENTATION:

- Physical Education (P.E.) lessons are conducted by specialist P.E. teacher.
- A swimming program at Ringwood Aquatic Centre for each grade level.
- Annual Whole school Athletics Carnival.
- Annual Swimming Carnival for Years 3 – 6.
- Years 5 and 6 will participate in Inter-School Sport during the winter months.
- Where possible, students will participate in visiting clinics, e.g. basketball, cricket, etc.
- Participation in Life Education biannually.
- Children are encouraged to eat healthily and learn relevant Sunsmart practices.
- Inquiry units with a focus on Health Knowledge and Promotion will incorporate Drug Education.
- Teaching and learning across the Dimensions will occur at the relevant levels and be reported against as outlined by the Victorian Essential Learning Standards.

EVALUATION:

This policy is reviewed as part of the school’s three year cycle.

Growing together, in faith, for the future