Physical Education Policy

**Rationale:**
Physical Education is a sequential, developmentally appropriate educational experience that engages students in learning and understanding movement activities that are personally and socially meaningful, with the goal of promoting healthy living. When provided with an appropriate Physical Education curriculum, instruction and learning experiences, students develop a broad spectrum of movement skills, personal and social skills, knowledge, motivation and confidence to engage in healthy activity throughout their lives.

**Aims:**
- To promote the potential for lifelong participation in physical activity through the development of motor skills and movement competence, health-related physical fitness and sport education
- To make students aware that everyone has the ability to participate in a healthy and active lifestyle
- To provide opportunities for challenge, personal growth, enjoyment and fitness in a variety of areas of physical activity including team and individual activity, competitive and non-competitive activity, games, sport, swimming and outdoor recreation.
- To develop the combination of motor skills and tactical knowledge to improve individual and team performance.

**Implementation:**
- Gembrook Primary School will provide physical and sports education for Primary School students.
  - Year Foundation to 3 students to have 100 minutes of physical education per week being physical education, Perceptual Motor Program (PMP) and sports
  - Year 4 – 6 students to have an average of 3 hours per week of physical education and sport per week with a weekly minimum of 1.5 hours being physical education and sport.
- The Physical Education program will provide students with:
  - a developmentally appropriate curriculum with tiered skill development
  - opportunities to develop the movement competence, knowledge of rules, strategies, and sportsmanship, and the confidence to engage in a broad range of movement experiences at school and in the community
  - moderate to vigorous movement activities to ensure the development of fitness
  - opportunities to explore responsible and social behaviour in physical activity settings
  - learning experiences that are safe, enjoyable, and which encourage regular participation in physical activity
  - inclusive participation through the implementation of a variety of teaching approaches that cater for individual student learning style
  - annual swimming tuition programs
  - school based house sports and swimming carnivals
  - interschool sport and swimming programs as part of the EDEC cluster for all students
  - access to district, regional and state school sports and swimming programs as extension for students who qualify.
- If a small group of students represents the school at a sporting event the principal should arrange for a teacher to accompany and supervise the students. The supervising teacher must be at the venue to supervise the students as they arrive. If arrangements cannot be made for a staff member to accompany the students:
  - the excursion cannot go ahead as an official school activity

Ratified in 2014
- parents/guardians may make private arrangements to take their children to the event and supervise them while they are in attendance.

**Safety:**
- all items of equipment are safe, regularly inspected, repaired and maintained
- records of inspections, maintenance and repairs are kept at the school
- Signs will be placed on all basketball rings prohibiting swinging from the rings.
- Basketball towers, backboards and rings are incorporated into the school's regular facilities and equipment inspections and appropriate maintenance is undertaken as required. Details of inspections and maintenance need to be recorded and retained at the school as part of the Schools Maintenance System annual inspections.
- All indoor playing surfaces will be smooth and flat and free of obstructions and loose objects
- Students are to wear appropriate footwear such as sports shoes with laces done up
- Students must be made aware of the rules regarding dangerous play in any sport, such as no tackling, charging or tripping.
- Swimming tuition will provided by qualified staff.
- Swimming activities undertaken at outdoor venues will be guided by the school’s sunsmart policy

**Evaluation:**
- Students develop motor skills, physical fitness and knowledge of a variety of physical activities including sports, swimming and outdoor recreation that enables them to participate in an healthy and active lifestyle.
- All will be for 3 year review unless otherwise stated.

**References:**