

HEALTH, PHYSICAL EDUCATION Policy

Rationale

The Department of Education and Early Childhood Development places a high priority on the provision of health, physical and sport education. Alphington Primary School's health, physical and sport education programs are designed to: increase the participation of students in physical activity, foster sportsmanship, raise students' levels of physical competency and promote an awareness of health amongst young people.

Aims:

To:

1. Develop knowledge and skills to make informed health decisions.
2. Encourage students to accept themselves and others as they grow and change.
3. Promote the importance of a healthy diet.
4. Promote growth, development, participation and competition in physical activity.
5. Develop awareness that participation in physical activity provides challenges, opportunities for personal growth and enjoyment.
6. Develop an understanding of the skills and qualities of good sportsmanship.
7. Promote safe risk-taking.

Implementation:

1. Health, physical and sport education at APS is developed and assessed in accordance with current Department guidelines, integrating Interpersonal Development, Personal Learning, Thinking and Communication.
2. Students are provided with opportunities to participate in intra- and inter-school sporting events and competitions.
3. Students are supported to take responsibility for organising and conducting competitive activities in which decisions are made about procedures, rules and fair play.
4. Students develop a sense of community and social connectedness through participation in physical activity, games, sport and outdoor recreation.

5. Students explore lifetime developmental changes including ways of managing transitions, changing roles and responsibilities, personal identity and an understanding of human sexuality.
6. The school promotes healthy eating options including food preparation and packaging.
7. Students explore the contribution of nutrition to health and the effects of an unhealthy lifestyle, topical issues related to nutrition and the factors that influence food selection.
8. The school curriculum provides opportunities for students to accept challenges; leading students to understand the importance of the right to be safe, identifying the dangers associated with particular situations, and taking action to minimize risk.
9. Develop movement skills and employ strategies to increase confidence, motivation and fitness to participate in lifelong physical activity.
10. Team sports and activities promote self-respect and respect for others, enhancing healthy peer relationships.

Evaluation: This policy will be reviewed as part of the School Strategic Plan review.

Oct 2010

This policy was last ratified by School Council in