

MAFFRA PRIMARY SCHOOL

Health and Physical Education Policy

1. Purpose

To develop a program that will;

- 1.1 Promote knowledge, skills and behaviours enabling students to develop independence in caring for their physical, mental and emotional health.
- 1.2 Fully engage students in physical activity, games, sport, and outdoor recreation
- 1.3 Support and encourage children to share equipment and adhere to rule that aid participation and cooperation
- 1.4 Encourage students to maintain good health and live a healthy lifestyle

2. Guidelines

- 2.1 The Health and Physical Education Program will be based on the Victorian Essential Learning Standards(VELS) produced by the Department of Education and Early Childhood Development(DEECD) and supported by other relevant resources.
- 2.2 Provide students with activities and develop motor skills and use movement patterns, with and without equipment.
- 2.3 Provide students with the opportunity to clarify links between physical activity and health

3. Implementation.

- 3.1 Time allocation will be as recommended by DEECD;
Prep – 3, 20 to 30 minutes of physical education per day
Grades 4-6, 3 hours weekly of physical education and sport with a minimum provision of 50% for physical education.
- 3.2 The provision of weekly lessons in Health and Physical Education will be provided by teachers and other personnel and relevant expertise;
- 3.3 Programs will include
 - Whole school gymnastics program coordinated by Maffra Gymnastics Club, consisting of 6 weekly lessons per class.
 - Swimming Program - Years P-4 have an intensive swimming program provided by Kemp Aquatics in 6 weekly lessons.
 - Years 3-6 swimming carnival with the opportunity for place getters to participate at a higher level; Years 5-6 to have an intensive swimming program at the Maffra Memorial Outdoor Pool in Term 4 (All programs under the direction of trained instructors)
 - Bike-Ed program provided in year 4
 - Fitness – all classes to participate in regular fitness/sport sessions as timetabling permits.
 - Perceptual Motor Program (PMP) – provided in Prep
 - Personal Development – Puberty Program, provided in years 5 & 6
 - Sport, giving children the opportunity to advance to higher levels of competition under the auspices of S.V.V.
- 3.4 Assessment will be ongoing and will form the basis for planning in order to meet individual needs.
- 3.5 Professional Learning will be available to support the teaching of Health and Physical Education.

4. **Resources :-**

Resourcing needs will be carefully planned and regularly reviewed by the relevant curriculum committee and will reflect priorities and ensure adequate equipment is available for skill development throughout the school.

<p><u>General</u> VELS PMP Equipment Yard Equipment Sports Equipment</p>	<p><u>Physical Education</u> ACHPER P.E.P Manuals Fundamental Motor Skills, An Activities Resource for Classroom Teachers. Ready to Use P.E. Activities (P-2,3-4,5-6) Landy and Landy Do it Daily Sport It Manuals http://vels.vcaa.vic.edu.au/essential/index.html</p>
<p><u>PMP</u> www.smartstarters.com.au/WhatIsPMP.html</p>	<p><u>Swimming</u> R.L.S.S. Manual AUSTSWIM Manuals Water Safety Guidelines Manual. DEECD</p>
<p><u>Fitness</u> Do It Daily ACHPER PEP Upper/Lower Primary Manuals Aussie Sports Manuals Huff and Puff</p>	<p><u>Sport</u> S.S.V Manual Aussie Sports Manuals Sport It Manuals Kellogs (Modified Sport Manual)</p>
<p><u>Traffic Education</u> Streets Ahead Kit Bike Education Manual</p>	<p><u>Health</u> Wonders of Living Kit Quit Program Healthy Heart Manuals Get Wise Turning the Tide Where Did I Come From? Videos Get Real Program Bounce Back Kids – Go For Your Life Program http://vels.vcaa.vic.edu.au/essential/index.html</p>

5. **Assessment :-**

- 5.1 Continuous monitoring and assessment of students' development will be undertaken to assist teachers to ;
- Gain a clear in-depth picture of what each student can do
 - Make decisions when planning for the whole class and small groups,
 - Group students for focussed teaching
- 5.2 Moderation by Teaching Teams will enable a consistent understanding of student achievement across all grades.
- 5.3 A variety of assessment/evaluation methods will be used, for example;
- VELS – monitoring progress against student outcome statements
 - Teacher observations/anecdotal records
 - Teacher prepared tests/diagnostic tests
 - Checklists, specific to programs utilised
 - Skill checklists from Motor Skills A Manual for Classroom Teachers
 - Student self-assessment
- 5.4 Teaching teams will regularly review and develop Health/P.E programs applicable for each level.