



# BEAUMARIS PRIMARY SCHOOL

## HEALTH & PHYSICAL EDUCATION POLICY

### **Rationale:**

The Health and Physical Education learning area focuses on a holistic concept of health, recognising: physical; mental; emotional; social; and spiritual dimensions, as well as the impact of interactions between the individual, the family, the wider community and the environment. Students plan, act and reflect in order to develop the essential knowledge and understandings, attitudes, values and skills which promote healthy practices, encourage physical activity and help maintain a healthy lifestyle.

### **Purposes:**

1. To know and understand health and physical activity concepts that enable informed decisions for a healthy lifestyle.
2. To exhibit attitudes and values that promote personal, family and community health and participation in physical activity.
3. To demonstrate the movement skills and strategies for confident participation in physical activity.
4. To demonstrate self management skills which will enable them to make informed decisions for healthy active lifestyles.
5. To demonstrate the interpersonal skills necessary for effective relationships and healthy active lifestyles.

### **Broad Guidelines:**

1. All students participate in at least one hour of PE per week, where lessons are designed to enhance the learning and application of Fundamental Movement Skills and the development of game strategies.
2. Swimming lessons are part of the PE Program for all Years 1-7 students.
3. Daily fitness is an integral part of the physical education program for all Year 1-7 students aimed at improving endurance, flexibility, strength and speed.
4. All students participate in one hour of sport per week involving the application of Fundamental Movement skills & specific games skills appropriate to the developmental level of the children.
5. Year six and seven students participate in intra and interschool competitions in team games.
6. Healthy Lifestyles are part of the program, with links to the canteen. Teachers refer to curriculum materials for activities suited to the developmental level of students.
7. Self - management and Interpersonal Skills are integrated into other curriculum areas.

### **Conclusion:**

The Health and Physical Education programs provide ample opportunities for the development of knowledge, understandings and skills and attitudes to make decisions about a healthy active lifestyle.