



GALILEE REGIONAL CATHOLIC PRIMARY SCHOOL HEALTH AND PHYSICAL EDUCATION POLICY

Rationale:

Health and Physical Education at Galilee Regional Catholic Primary School focuses on students enhancing their own and others' health, safety, wellbeing and physical activity participation in varied and changing contexts. Health and Physical Education offers students an experiential curriculum that is contemporary, relevant, challenging, enjoyable and physically active.

In Health and Physical Education, students develop the knowledge, understanding and skills to strengthen their sense of self, and build and manage satisfying relationships. The curriculum helps them to be resilient, and to make decisions and take actions to promote their health, safety and physical activity participation. As students mature, they develop and use critical inquiry skills to research and analyse the knowledge of the field and to understand the influences on their own and others' health, safety and wellbeing. They also learn to use resources for the benefit of themselves and for the communities with which they identify and to which they belong.

Integral to Health and Physical Education is the acquisition of movement skills, concepts and strategies to enable students to confidently, competently and creatively participate in a range of physical activities. As a foundation for lifelong physical activity participation and enhanced performance, students develop proficiency in movement skills, physical activities and movement concepts and acquire an understanding of the science behind how the body moves. In doing so, they develop an appreciation of the significance of physical activity, outdoor recreation and sport both in Australian society and globally.


Movement is a powerful medium for learning, through which students can acquire, practise and refine personal, behavioural, social and cognitive skills. The Health and Physical Education curriculum addresses how contextual factors influence the health, safety, wellbeing, and physical activity patterns of individuals, groups and communities. It provides opportunities for students to develop skills, self-efficacy and dispositions to advocate for, and positively influence, their own and others' health and wellbeing.

Healthy, active living includes promoting physical fitness, healthy body weight, psychological wellbeing, cognitive capabilities and learning. A healthy, active population improves productivity and personal satisfaction, promotes pro-social behaviour and reduces the occurrence of chronic disease. Health and Physical Education teaches students how to enhance their health, safety and wellbeing and contribute to building healthy, safe and active communities.

Aims

Health and Physical Education at Galilee Regional Catholic Primary School aims to develop the knowledge, understanding and skills to enable students to:

- access, evaluate and synthesise information to take positive action to protect, enhance and advocate for their own and others' health, wellbeing, safety and physical activity participation across their lifespan
- develop and use personal, behavioural, social and cognitive skills and strategies to promote a sense of personal identity and wellbeing and to build and manage respectful relationships

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- acquire, apply and evaluate movement skills, concepts and strategies to respond confidently, competently and creatively in a variety of physical activity contexts and settings
- engage in and enjoy regular movement-based learning experiences and understand and appreciate their significance to personal, social, cultural, environmental and health practices and outcomes
- analyse how varied and changing personal and contextual factors shape understanding of, and opportunities for, health and physical activity locally, regionally and globally.

Health Education Program Implementation:

Health Education at Galilee Regional Catholic Primary School is taught through our Inquiry Curriculum by classroom teachers.

Movement and Physical Education Implementation:

- All year levels will be involved in the Physical Education program conducted by the specialist Physical Education Teacher.
- The main reference for the teaching of Physical Education is the Victorian Curriculum
- The Physical Education teacher will be in charge of co-ordinating the distribution of PE resource and equipment.
- The classroom teachers will take responsibility for health and physical education beyond that offered by the specialist (Friday).
- The Physical Education Teacher will keep a work program and provide the principal and classroom teachers with an outline of the PE program being followed with explicit links to the Victorian Curriculum.
- The Physical Education Teacher, Sport Co-ordinator, Sports Team and Year Level Leaders, along with classroom teachers, will take responsibility for promoting skills, knowledge and attitudes appropriate to health and physical education, including information about nutrition.
- A swimming program for years Prep to Year 6 children will be offered and will include a water safety program.
- Students in Year 3-6 will be offered a variety of outdoor education camps.
- Senior students will be offered a sports program which will include inter-school sport and community sports organised by the school Sports Co-ordinator.
- The school's Sun Smart policy will apply to all staff and students during outdoor activities.
- The Physical Education Teacher and Sport Co-ordinator, will be a resource person for teachers in taking extra class physical education lessons.
- Students will have access to organise sports equipment to borrow during recess and lunchtime.
- All other physical education equipment will be kept in a secure location.
- Extra -curricular opportunities will be provided to extend children's engagement and participation in physical activity.