Doncaster Gardens Primary School
Health and Physical Education Policy

Philosophical Basis:
Physical Education is concerned with helping young people to develop competence in making decisions and taking action to promote an active, healthy lifestyle.
Health and Physical Education promotes understanding of physical activity and movement, food and nutrition, health, safety, human development and human relations. Access to Health and Physical Education promotes a positive understanding and attitude to fitness, physical activity, growth and development, effective relationships, identity, safety, challenge and risk, food and nutrition and health.

Guidelines:
The Health and Physical Education Program will assist students to:

- Develop the knowledge and skills to plan, implement and evaluate actions to promote the health and safety of individuals, families, groups and communities.
- Develop an understanding that health has physical, social and emotional dimensions.
- Develop an understanding of the basic concepts of movement and the biomechanical and physiological principles of movement.
- Be involved as a skilled participant in play, games, dance, gymnastics, aquatics, sport, outdoor activities, leisure and recreation.
- Develop an understanding of how food provides nutrients for energy and growth, and plays a significant social role in people’s lives.
- Develop an understanding of the responsibilities of individuals and communities to provide environments conducive to safety and health.
- Promote their own worth, dignity and rights as individuals and as members of a group.
- Develop an understanding of how relationships develop and change, and the knowledge and skills to promote effective relationships.

Implementation:
A number of issues dealt with in Health and Physical Education need to be handled sensitively and communication between the school and home is essential. (School Information Manual: School Operations, Section 8.10, ‘Comment on controversial issues’, provides information regarding parents’ rights in relation to health education.)

- Physical Education activities will be planned to suit the weather conditions. The SunSmart policy will be considered when timetabling Physical Education.
- The Health and Physical Education domain will be taught from the dimensions in the AusVELS documents and assessed according to the Standards.
- Levels 1-6 may take part in Life Education, depending on the topics offered. Levels not participating in Life Education will take part in a personal development program. Programs will be on a bi-annual basis.
- The time allocation for Foundation-Year 6 student involvement in Physical Education will be in accordance with DEECD guidelines.
- There should be a balance of discovery learning and systematic teaching and guidance.
- Individual differences and abilities will be taken into account.
- The school encourages all students to bring water bottles to school, with water only permitted. Water consumption is encouraged in class and also during physical activity.
- To encourage active play, a borrowing system will be in place to enable students to use sports equipment during lunchtime.
- Students will be encouraged to walk to school where safe and appropriate. The school will promote walking for fitness through whole school activities.
- Families are informed of school policies related to healthy eating and physical activity and are provided with information to assist them to meet these requirements.

Evaluation:
- Ongoing evaluation in terms of policy and review will be undertaken.
- The level of students’ enthusiasm will be observed.
- Student performances in Health and Physical Education activities will be monitored.
- Skill and competency of students will be continually assessed.
- Parent survey responses regarding Health and Physical Education will be monitored.
- This policy will be reviewed every three years as part of the policy review cycle.

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