

PHYSICAL EDUCATION

POLICY

Rationale:

At SKiPPS, Physical Education provides students with knowledge, skills and behaviours to enable them to develop and maintain their physical, mental, social and emotional health.

We have the potential to encourage our students to be lifelong participants in physical activity through the development of motor skills and movement competencies, health related physical fitness and sport education.

Teachers will encourage the effective, correct and safe usage of sporting equipment to enable students to learn new skills and become physically active. An emphasis will be placed on combining motor skills and tactical knowledge to improve individual and team performance. Students' progress from the development of basic motor skills to the performance of complex movement patterns that form part of team games.

The SKiPPS program will endeavour to be engaging, relevant, challenging and physically active for all participants. Students will learn basic rules to participate in games and in a safe manner. Senior students will umpire and coach peers to enhance their understanding of a variety of sports.

We believe that learning in the curriculum areas of Discipline-based Learning, Interdisciplinary Learning, and Physical, Personal and Social Learning, provides students with knowledge, skills and behaviours to achieve a degree of autonomy in developing and maintaining life-long learning. As such all Discipline-based subjects incorporate, as appropriate, Interdisciplinary Learning and Physical, Personal and Social Learning.

AIMS:

1. Provide a well-balanced, comprehensive program based on AusVELS covering the following areas:

Athletics	Ball handling / Fundamental Motor Skills
Sports	Skills/Games/Rules
Fitness	Gymnastics / Movement
Dance	Games / Sport Education
Aquatics	Outdoor Adventure Activities
2. The Physical education program aims to provide all children with the opportunity to –
 - (a) Be involved in a range of movement experiences that enhance optimal growth and development
 - (b) Develop confidence and competence in the acquisition of basic motor skills that will enhance participation in a variety of physical activities
 - (c) Attain and maintain a level of fitness that will allow the individual to perform daily tasks with control, efficiency and effectiveness
 - (d) Experience fun and enjoyment through participation
 - (e) Develop social skills that will enable students to function effectively in interpersonal relationships
 - (f) Develop a positive attitude towards exercise and a healthy lifestyle
 - (g) Develop a common sports language across the school
 - (h) Develop an understanding of learning specific skills for particular games
 - (i) Provide a Broader range of experiences in an array of sports through Gala Days, Tri Skills, PMP etc.
 - (j) Be exposed to a variety of equipment used in a wide range of sports.

By providing the children with the appropriate knowledge, skills, understanding and motivation, they will have the necessary tools to seek health and physical well being through lifelong involvement in physical activity.

IMPLEMENTATION:

Physical Education Leader

A Physical Education Coordinator will be appointed by the Principal each year. They will have the responsibility for ensuring that the policy is implemented throughout the school and the implementation of the Physical Education Scope and Sequences is followed in all year levels.

Teachers

All teachers are required to run Physical Education lessons in accordance with the Physical Education policy.

Time Allotment

Students in F-2 will be timetabled for daily 20-30 minutes physical education sessions. Students in 3-6 will be timetabled for 2 ½ hours per week including a maximum of 90 minutes for sport, and the balance dedicated to physical education. Any alterations must be approved by a member of the Leadership team or the Physical Education Leader.

Sunsmart Policy

As per the school’s “Sunsmart Policy” the wearing of broad brimmed hats during 1st and 4th terms while involved in outdoor Physical Education or sport will be required.

Swimming

During the year each child will be provided with the opportunity to participate in a School Swimming Program. The cost of the program will be an additional payment to the “Excursion Levy.” All components of the program will meet Department of Education requirements for school swimming.

Participation considerations

Children who are unable to participate due to injury or ill health will be required to produce a note to the physical education teacher.

Children will be excused from participating if their religious or cultural beliefs are in conflict with a given activity.

Students with special needs are to be included. Inclusion strategies will be discussed at their SSG. Non-participants will accompany teachers and assist in umpiring, collecting equipment and encouraging others, to help develop their social skills.

Inter-school Sport

The school will participate in the following Sport Association Days –

District Swimming	(Age 9-13)	Selected students
District Cross Country	(Age 9-13)	Selected students
District Athletics	(Age 9-13)	Selected students
District Trials	(Age 11-13)	Selected students
Gala Days	(Year 3-6)	All students

From District events, children will be selected to participate in Zone Regional and State Carnivals.

Evaluation:

This policy will be reviewed as part of the school’s three-year review cycle.

This policy was last ratified by School Council in....

October, 2014