

PHYSICAL EDUCATION

POLICY

Rationale:

Physical Education provides students with knowledge, skills and behaviours to enable them to achieve a degree of autonomy in developing and maintaining their physical, mental and social health. This domain focuses on the importance of a healthy lifestyle and physical activity in the lives of individuals and groups in our society. It promotes the potential for lifelong participation in physical activity through the development of motor skills and movement competency, health related physical fitness, teamwork and sport education.

Engaging in physical activity, games, sport and outdoor recreation contributes to a sense of community and social connectedness. Students' involvement in physical activity can take many forms, ranging from individual, non competitive activity through to competitive team games. Emphasis is 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. Students get the opportunity to experience the positive outcomes of working together on strategies, following rules, supporting and encouraging each other and performing specific roles within their team.

Students progress from learning simple rules and procedures to enable them to participate in movement and physical activity safely, to using equipment safely and confidently. Students may undertake a variety of roles when participating in sports such as umpire, coach, player and administrator and assume responsibility for the organisation of aspects of a sporting competition.

Aims:

The Physical education program aims to provide all children with the opportunity to –

- develop knowledge and skills to make informed decisions, plan strategies and implement and evaluate actions which promote growth, development and participation in physical activity.
- develop confidence in using movement skills and strategies to increase motivation to participate in lifelong physical activity.
- understand that participation in physical activity provides opportunities for challenge, personal growth and enjoyment.
- be actively involved as a skilled participant in play, games, sport, indoor and outdoor activities, leisure and recreation.
- attain and maintain a level of fitness that will allow the individual to perform daily tasks with control, efficiency and effectiveness.
- experience fun and enjoyment through participation.
- develop social skills that will enable students to function effectively in interpersonal relationships.
- develop a positive attitude towards exercise and a healthy lifestyle.

Implementation:

- The PE Teacher/Coordinator will provide a well-balanced, comprehensive program as set out in the PE Scope & Sequence Chart.
- The PE program will be based on the Victorian Curriculum.
- The PE teacher will ensure a safe environment that encourages maximum participation and provide opportunities for all children to experience success.
- The PE teacher will support students having difficulty and will be aware of the needs of students from other cultures.
- There will be intra-school sport for all students in Years 3-6 (Middle & Senior Unit Sport) and inter-school sport (school representative sport) for Years 5-6 students.

Time Allotment

All classes in P-6 currently are timetabled weekly for one 45 minute session (classroom teachers are encouraged to provide extra physical activity sessions during the week to support the PE program). Some year levels also have organised sport sessions for example swimming and gymnastics.

Sunsmart Policy

As per the school's "Sunsmart Policy" the wearing of broad brimmed hats during 1st and 4th terms while involved in outdoor P.E. or sport will be required. Sunscreen will be available for students to use during PE sessions.

Unable to Participate

Children who are unable to participate due to injury or ill health will be required to produce a note to the physical education teacher. Those students who are unable to participate will assist the teacher in various roles throughout the session.

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

Interschool Sports

Pleasant Street Primary School participates in sporting competitions that are registered Schools Sports Victoria Association Events.

The school's involvement in any sporting events, not part of the SSVA, would need principal approval.

Purpose:

- To provide an opportunity to experience competition and show leadership
- To develop a sense of personal achievement
- To encourage social interaction in team environments
- To develop physical fitness and promote healthy lifestyle habits
- To provide students with opportunities to participate in highly competitive situations
- To inspire student loyalty to their House Group and school through participation and competition in whole school events such as swimming, athletics and Cross Country Carnivals

Transport costs for events will incur a cost. The school will subsidise travel costs for teams in state finals.

For House Competitions such as athletics day and cross country, students are expected to attend and participate unless there is a valid reason or medical reason.

Team Selection

The school will provide staff supervision for events involving ten or more students. Where teams or events involve less than ten students, they can only occur with parent supervision and transport.

The sports coordinator will advise students of upcoming events and sign up and/or try out times. The majority of interschool competition sports will involve students from year 5/6 only.

Where an event occurs that the school is unable to provide adequate training, selection may be dependent on the students already playing the sport competitively at a club level.

Team Selection will be made by the sports coordinator in consultation with coaches based on attendance at training, effort, behaviour, skill level and ability to embrace school values. All students will be advised of the criteria for successful selection, at the first training session or sign up session.

Team selection will also rely on attendance at school, behaviour at school and behaviour at previous interschool sport events,

Player behaviour

All students selected to represent PSPS are expected to behave in a manner consistent with our values.

- Team members are to behave appropriately at all times and follow the directions of the team coach
- Team members are to provide encouragement and support to other team members
- Students are required to show respect for their opponents and acknowledge the the efforts of opposition players and match officials

Extra Sporting Programs:

- 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 need DEECD requirements for school swimming.
- Indoor Winter Sports – such as gymnastics, basketball, badminton, mini-golf, are provided through middle unit sports.
- Footsteps – Dance programs are facilitated in various year levels according to need. These are organised by the Units.
- Students who express an interest in a particular sport will be encouraged to support community programs by joining their closest local club.

Evaluation:

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

This policy was last ratified in

September, 2019