

Health and Physical Education Policy



Help for non-English speakers

If you need help to understand the information in this policy, please contact the school on 9802 0663 for support.

The Health and Physical Education domain requires students to develop knowledge, skills and behaviours that enable them to: maintain good health and live a healthy lifestyle, understand the role of physical activity in ensuring good health and wellbeing while and engaging in physical activity.

Guidelines

Weeden Heights PS promotes physical activity and student wellbeing through movement to ensure the development of personal, social and cognitive skills through:

- Health and Physical Education aims to provide a range of learning experiences that promote the well-being and physical health of students
- The Health component will be integrated with other areas of the curriculum, encouraging a positive approach to personal health in all aspects of daily life
- The Physical Education component will focus on the development of skills and fitness as well as involvement in cooperative team sports.

Implementation

- The Health and Physical Education program will be based on the Victorian Curriculum
- Physical Education and classroom teaching staff will provide a sequential Health and Physical Education program for all students
- Students will be encouraged to participate in regular physical activity
- Health and Physical Education studies will promote a healthy lifestyle
- The students will be supported to develop broad understandings about a variety of issues related to health
- The Health program will recognise different learning styles and levels of thinking and will incorporate activities that develop every student's understanding of physical health and well being
- Swimming programs will be offered each year for students in all levels
- Water Safety will be included during Health and Physical Education at all levels
- Inter-school sports will be part of the levels 5 and 6 curriculum and may include summer and winter sport competitions, swimming, athletics and cross-country carnivals and basketball competitions

- Individual students and teams will be encouraged and recognised by Weeden Heights Primary School for their achievements in sport
- Incursions and excursions that promote Health and Physical Education will be considered by staff. These may include sports clinics and health education incursions
- All students will be encouraged to respect all those involved in the team and individual sports, and positive sportsmanship will be promoted.
- Student progress in both dimensions of Health and Physical Education will be reported in half and end of year academic reports and in portfolios.

Evaluation

The Education Sub Committee and school staff will review the effectiveness of the school's Health and Physical Education Policy on a cyclical basis in accordance with Department of Education (DE) guidelines.

Resources

This policy is underpinned by the:

- Teaching and Learning Policy
- Curriculum Policy
- Student and Engagement Policy

Relevant Documents / Links

<https://www.education.vic.gov.au/school/teachers/support/diversity/eal/Pages/default.aspx>

Policy Review and Approval

Policy last reviewed	2023
Consultation	Principal Staff Education Sub Committee and School Council Newsletter item to the school community
Approved by	School Council
Next scheduled review date	2027 <i>Mandatory review cycle for this policy is 3 - 4 years.</i>