

# Marlborough Primary School

## School Policies Manual



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## HEALTH & PHYSICAL EDUCATION

### **Rationale:**

Health and Physical Education aims to promote an understanding of physical activity and movement, food and nutrition, health, safety, human development and human relationships. The program will promote a basis for healthy productive living. Students will be provided with opportunities to develop skills, flexibility and endurance. Health Education should develop physical, social, spiritual, cultural and emotional well being, by promoting an awareness of the wide range of influences which affect our health.

### **Course Structure**

1. Physical Education includes the Victorian Essential Learning Standards - Movement and Physical Activity strands.
2. Health Education is organised by the VELS strands: Self and Relationships and Health of Individuals and Populations.

### **Implementation:**

1. It is the responsibility of teaching units to plan and resource areas of study in Health and Physical Education.
2. Units of work may be part of an integrated unit or a stand alone unit.
3. The time allocation for Health and Physical & Sport Education are as follows -  
Years P - 3      20 - 30 minutes Physical Education per day.  
Years 4 – 6      three hours of Health or Physical Education and Sport per week, with at least 50% allocated to Physical Education.
4. The Health and Physical Education Co-ordinator is responsible for purchasing of equipment and resources, and the annual review of the program and budget preparation assessment.

### **Evaluation:**

Assessment is continuous. The desired outcome is that skill level/development and fitness components are retained/improved. It should also encompass enjoyment, social and fair play skills. Assessment outcomes will determine future planning.

Assessment of students' performance is based on observation, checklists, work samples, anecdotal records, development in attitudes and behaviours.

Students will be encouraged to achieve appropriate VELS levels.

**Resources and Supporting Programs may include:**

- Victorian Essential Learning Standards- Health and Physical Education (Department of Education)
- Curriculum at Work - Health and Physical Education (Board of Studies)
- "Daily Physical Education" South Australian Course Levels 1-7
- Fundamental Motor Skills - A Manual for Classroom Teachers
- Huff n Puff Resources (Fitness)
- Sport It - Australian Sports Commission
- Perceptual Motor Program
- Austswim - The Teaching of Swimming and Water Safety Aquapak. Royal Life Saving Society.
- Aussie Sports Coaching manuals
- Bike Ed
- Daily Physical Education manuals (ACHPER)
- School Nursing Program
- Get Wise, Get Real
- Life Be In It
- Life Education Van

**References:**