

## Health and Physical Education Policy

2021

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### Rationale

The Health and Physical Education program provides students with knowledge, skills and behaviours to enable them to achieve a degree of autonomy in developing and maintaining their physical, mental, social and emotional health. This program focuses on the importance of a healthy lifestyle and physical activity in the lives of individuals and groups. The program contributes to a sense of community and social connectedness. These are vital components of improved wellbeing.

The Health and Physical Education program impacts the physical, social, emotional and mental health of students. It promotes the potential for lifelong participation in physical activity through the development of motor skills and movement competence, health-related physical fitness and sport education.

### 1. Aim

To promote the importance of physical activity and movement, food and nutrition, health, safety, human development and human relations in the lives of individuals and groups in our society through:

- Developing the knowledge and skills that promote participation in physical activity, fitness, healthy growth and development, effective relationships and the safety and health of individuals and groups.
- Being involved as a skilled participant in play, games, dance, gymnastics, aquatics, sport, outdoor activities, leisure and recreation.
- Developing the knowledge and skills to make informed choices on nutrition and dietary practices, personal health and safety and review how the media influences students' decisions.
- Developing an understanding of the cause of illness, disease and injury and the responsibility of individuals and the community to create and maintain environments conducive to health and safety.
- Promoting students' own and others worth, dignity and rights as individuals and as members of a group.

### 2. Implementation

Moorabbin Primary School will:

- Provide a specialist teacher to undertake weekly Physical Education lessons for each class.
- Be involved in interschool sport for the year 5 & 6 students.
- Provide additional Sport or Fitness lessons implemented by classroom teachers.
- Involve all Prep children in a Perceptual Motor Program (PMP).
- Provide the opportunity for children to attend the Life Education program for Prep – Year 4 biannually.

- Provide opportunity for students in Year 5 & 6, each year, to attend sessions that involve learning about puberty and sexual development.
- Provide the opportunity for children to participate in an intensive swimming program annually. (Years 5 and 6 participate in a beach program)
- Provide a comprehensive program across all year levels that involve all aspects of Health and Physical Education.
- Provide opportunities in topics to promote traffic safety which includes Bike Education for Year 4 and Road Safety for Prep to Three.
- Provide a comprehensive Drug Education Program through units of work and through Life Education Program.

### **3. Evaluation**

This policy will be reviewed every four years according to the policy review structure implemented by the Education Committee.

### **4. Resources**

- DET website

<http://www.education.vic.gov.au/Pages/default.aspx> - then type in Health and Physical Education