



**COBURG WEST
PRIMARY SCHOOL**
Physical Education Policy

**Approved by School Council:
November 2018**

Review: 2019

Rationale:

Health and Physical Education focuses on students enhancing their own and others' health, safety, wellbeing and physical activity participation in varied and changing contexts. The skills developed through a good physical education program are critical in ensuring that students have success in many of the sport and leisure activities common to the community.

Aims:

The Physical Education program aims:

- To promote a healthy lifestyle
- To impact on the physical, social, emotional and mental health of students
- To encourage students to engage in physical activity, games, sport and outdoor recreation in developing a sense of community, belonging and social connectedness
- To make a commitment to activity in health related physical fitness and sport education

Guidelines:

The Victorian Curriculum will be the basis of the Physical Education Curriculum. Students at every year level will engage in activities that include:

- Enjoyment, personal achievement, team co-operation and participation which take precedence over competition
- Supervision that prioritises the safety of students with engaged in Sport and Physical Education
- Sports injury prevention methods and strategies
- Sun protection and acknowledgement of outdoor weather conditions

Implementation:

Students at Coburg West Primary School will be given the opportunity to engage in a balanced, sequential and comprehensive program based on the Victorian Curriculum.

The Physical Education program will include:

- Student engagement in a variety of physical activities on their own and cooperatively with their peers
- Assistance for students with special needs and the provision of opportunities for extension
- Students experiencing physical activities that use equipment and those that do not
- Students operating in a range of environments including indoor, outdoor and aquatic settings
- Teaching aimed at building on student's skill development
- Students access to new knowledge of basic tactics in modified games and sport – specific situations, and the gradual increase of knowledge of rules to keep games and activities safe
- Environments that encourage skills such as strategic thinking to solve real- life problems to improve game performance

- Activities that encourage social development, with aspects such as cooperation, communication, cooperative planning and team work in sports and games
- Students undertaking a variety of roles in team games
- Students reflection on personal sporting experiences
- Student voice is used as a tool in planning our lessons

The Physical Education teacher will coordinate the school's interschool cross country, athletics and interschool sports (grades 5 /6) programs.

Assessment may include a range of formal or informal tasks.

Evaluation:

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