

PHYSICAL EDUCATION POLICY



Help for non-English speakers

If you need help to understand the information in this policy, please contact THE OFFICE ON 9366 2832.

PURPOSE

The Physical Education program at St Albans Primary School promotes happy and healthy physical learning through explicit teaching of concepts and skills through the Victorian Curriculum sub-strands of Moving the Body, Understanding Movement, and Learning through Movement

SCOPE

This policy applies to all students at St Albans Primary School.

POLICY

This policy aims to:

- provide the basis for developing knowledge, understanding, and skills for students to lead healthy, safe, and active lives
- provide opportunities for students to work collaboratively, follow rules, and problem solve
- introduce and develop fundamental movement skills across a range of settings to improve competence and confidence

Implementation

- All students participate in one session of Physical Education per week.
 - Year P-2 student learning is organised around the Fundamental Movement Skills
 - Year 3-6 student learning is organised around the Teaching Games for Understanding Model: invasion games, target games, individual pursuits, striking and fielding games, net and wall games.
- Learning Neighbourhoods participate in weekly group physical activity sessions with the following focus areas:
 - Prep - Perceptual Motor Program (fundamental movement skills)
 - Year 1/2 - active play and minor games, rhythmic and expressive movement activities
 - Year 3/4 - active play and minor games, challenge and adventure activities
 - Year 5/6 - inter school sports
- Year 3-6 students participate in School Sport Victoria inter school sports competitions as part of the St Albans District:
 - Year 5/6 students participate in weekly sports competitions and one-off gala days during semester one

- Year 3-6 students may participate in athletics, cross country running, and swimming carnivals throughout the year
- The Physical Education specialist will:
 - Select students to participate in events
 - Manage communication with District Coordinator ie. entries, scores
 - Organise transport, permission notes, approval forms, risk registers and other documentation as required
 - Liaise with Business Manager regarding payments
- Year 3-6 students will participate in a school athletics carnival. Results from this event are used to select students to complete in the District Athletics Competition.
- Students may also take part in additional whole school or group physical activity events ie. Jump Rope For Heart, BlueEarth
- The Physical Education specialist will lead implementation of structured play time activities in conjunction with the Wellbeing Manager
- Wellbeing Manager will coordinate after school physical activity programs ie. Sporting Schools

COMMUNICATION

This policy will be communicated to our school community in the following ways:

- Available publicly on our school's website
- Discussed at staff meetings
- Hard copy available from school administration upon request

FURTHER INFORMATION AND RESOURCES

<https://victoriancurriculum.vcaa.vic.edu.au>

POLICY REVIEW AND APPROVAL

Policy last reviewed	February 2023
Approved by	Principal
Next scheduled review date	February 2027