

Health and Physical Education

Developed 2010

1st September 2014

Reviewed 2017

Identity Statement.

St Joseph's School is a Catholic Community in the Josephite tradition where we learn and grow in the Spirit together.

Vision Statements.

St Joseph's School strives to be an educating community:

- Where the total development of each child is nurtured.
- Where an environment of trust, respect, hope and safety is built.
- Where families and the school work in partnership sharing the responsibility to educate the child.
- Where school life is an integral part of parish and the wider community.
- Where the students learn in a challenging, enjoyable and cooperative way.
- Where the teachings of Jesus are taught, modeled and lived.

Graduate Outcomes.

St Joseph's students learn to become:

- Problem solving, inquiring, critical thinkers striving to be their best.
- Competent and ethical users of technology.
- Hope filled, independent, resourceful, creative, resilient and confident young people.
- Knowledgeable and appreciative of the Catholic faith.
- Socially adept, respectful, just, environmentally conscious and appreciative of diversity.

Rationale:

We believe that it is important for the children at St. Joseph's to be immersed in a Health and Physical Education program that promotes a life-long understanding of physical activity, movement, food and nutrition, health, safety, human development and human relations incorporating social skills.

Basic Beliefs:

- That the children beginning the Health and Physical Education program in our school start with established knowledge and approaches to learning which may vary from child to child.
- That children progress at an individual rate in Health and Physical Education.

Aims:

- To develop knowledge and skills that promote: appreciation of, and participation in, physical activity; fitness (healthy growth and development); effective relationships; and the safety and health of individuals and groups.
- To develop an understanding of the basic concepts of movement, and the biomechanical and physiological principles of movement.
- To be involved as a skilled participant in play, games, dance, swimming, sport, outdoor activities, leisure and recreation.
- To promote their own and others' worth, dignity and rights as individuals and as members of groups.

Guidelines For Implementation:

Physical Education program is for the acquisition of skills through student participation, whether they be involved in single, paired, group or team activities (aimed at achieving particular outcomes). It also aims to involve all children and promote physical, social, mental and the emotional health of individuals.

- Our Physical Education and Health program will be based on the appropriate AusVels dimensions and standards.
- It will encompass – Human Movement
Physical Activity and the Community
Health and Safety
- Health and Physical Education AusVels dimensions will be included in the classroom program.

Implementation:

- **Time allocation per week.**
Foundation and level 1: 60 minutes of P.E., 45 minutes of sport.
Level 2 and Level 3 : 60 minutes of P.E., 45 minutes of sport, 30 minutes of health.
Level 4 ,Level 5 and Level 6. : 60 minutes of P.E., 45 minutes of sport, 30 minutes of health.

- **Organisation:** Every child will be given the opportunity to develop good attitudes and abilities in sport and health.
- **Planning:** Yearly and term overviews are planned which include local events and the use of local sporting amenities.
- **Resources:** Core Planning Resource: *AusVels*.
Support Planning Resources: *Bluearth Manual*

ACPHER Daily PE Guides

Source of Life (Life Relationships)

Support Resource Programs: *Bluearth program*

Active After Schools program

Life Relationships program

Resuscitate A Mate

Include Me 2

Go For Your Life!

Braveheart

Camp Quality

Activation program

Healthy lunch promotion

Golden Sandwich award

Rubbish Free Lunches

3 Bin Care for the Environment

Social Stories – mental health

Life Education Program

Equipment: *There is a large variety of equipment available for*

Physical Education lessons, Sport activities,

Activation program and health lessons. This is stored

in the sports shed.

- **Budgeting:** Program budgets will determine allocation of monies for resources.
Professional Development for staff will be on-going and will be a part of staff member's personal/professional development as aligned with the needs of the school.

Evaluation:

- Teachers assess the children's work in Personal, Social and Health Education by making informal judgements as they observe them during lessons. We have clear expectations of what the pupils will know, understand and be able to do at the end of each key stage. Assessment should offer the children the opportunity to reflect on their own progress.
- Children's progress is reported to parents in student reports, and possibly in their profiles.

- Teachers assess children's work in PE by making assessments as they observe them working during lessons. Records are kept of student achievements and these are used to promote future learning as well as for reporting to parents.

Appendix:

The school is involved in the following programs to support its program.

Swimming Program: Run at the Seymour Sports and Aquatic Centre (Swim and Survive) and run by qualified instructors. This is run over ten weeks, with weekly lessons, during term four.

Swimming Sports: The children are involved in local (school based), with the opportunity to qualify for district, zone, regional then state competitions.

Athletics Sports: The children are involved in local (school based), with the opportunity to qualify for district, zone, regional then state competitions.

Cross Country Program: The children have a local program, run in conjunction with the local Primary School. Qualifying students have the opportunity to compete higher levels, including district, zone, regional and then state finals.

Kanga Cricket: A one day program that involves teams of players competing in round robin competition until a final play off is reached.

St Joseph's School also participate in activities with Nagambie Primary School, such as occasional football/netball round-robin tournaments.

Updated by Liz Tang, Anna Gibbons, Leo Jones

Submitted to Board July 2010.

Resubmitted August 2010.

Ratified by Board _____