

# HEALTH & PHYSICAL EDUCATION

## NARANGA SCHOOL POLICY

### **Rationale:**

- The Health & Physical Education program promotes lifelong participation in physical activity through the development of attitudes, skills and movement competence. The program helps young people learn about factors, including nutrition, that promote and protect the physical, social and emotional health of individuals, and they learn to identify harms associated with particular situations and behaviours, and how to take action to minimise these harms.

### **Aims:**

The Health program aims to develop in students:

- an understanding that health has physical, social and emotional dimensions
- an understanding of the factors that impact directly and indirectly on the health and safety of individuals, families, groups and communities
- knowledge and skills to plan, implement and evaluate actions to promote health and safety.
- an understanding of how relationships develop and change, and the knowledge and skills to promote effective relationships
- an understanding of how food provides nutrients for energy and growth, how it plays a significant social role in people's lives, and how to select food to promote health and growth
- an understanding of their own and other's worth, dignity and rights as individuals and as members of groups
- aspects of personal hygiene, healthy eating, appearance and self-confidence

The Physical Education program aims to develop in students:

- experience as a skilled participant in play, games, dance, gymnastics, aquatics, sport, outdoor activities and recreation
- opportunities to display the skills and qualities developed during school in out of school recreational activities
- fun and enjoyment through participation
- a positive attitude towards exercise and a healthy lifestyle
- a level of fitness that will allow the individual to perform daily tasks with control, efficiency and effectiveness
- confidence and competence in the acquisition of basic motor skills that will enhance participation in a variety of physical activities

### **Implementation:**

- All students at our school will participate in modified and sequential Health and Physical Education courses based upon the AusVELS Curriculum and Naranga school priorities.
- Learning opportunities must be provided that cater for the identified individual needs of each student.
- Student progress in both Health and Physical Education will be reported in mid and end of year school reports.

- **Occupational health and safety guidelines** will be adhered to in the implementation of programs.
- Budgets that provide for the needs of the Health and Physical Education program will be developed by staff, and approved and resourced by school council.
- The Physical Education teacher/s will be responsible for coordinating the school's athletic, swimming, inter-school and intra-school sports programs in liaison with staff across the school.

**Evaluation:**

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

This policy was last ratified by School Council in....	<b>May 2015</b>	
--	-----------------	--