

Physical Education Policy

Rationale

Physical Education is unique in having the potential to impact on the physical, social, emotional and mental health of students. A Physical Education program develops skills, knowledge, attitudes and values that enable students to take part in a wide range of recreational and social activities. VPSK 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. Engaging in physical activity, games, sport and outdoor recreation contributes to a sense of community and social connectedness. These are vital components of improved wellbeing.

Aims

- To equip students for lifelong participation in physical activity, through the development of movement skills and movement competence, health related fitness and sport.
- To teach students that movement skills, sport and physical activity can play an important part in everyone's life.
- To make students aware that everyone has the ability to participate in a healthy and active lifestyle.

Implementation

- All students participate in one session of Physical Education per week.
 - Year P-2 student learning is organised around the Fundamental Motor 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.
- Other sporting opportunities offered at Vermont Primary School and Kindergarten are:
 - Foundation – dance, gymnastics, gross and fine motor development, active play, basic games and PMP.
 - Year 1 and 2 – dance, gymnastics, swimming, active play, basic games and PMP.
 - Year 3 and 4 – whole level sport, athletics, interschool sport introduction and school carnivals.
 - Year 5 and 6 – whole level sport, open water swimming, interschool sport, athletics, school carnivals and Bike Education.
- Extra-Curricular opportunities may include:
 - Tennis
 - Dance
 - Kelly Sports
 - Netball
 - Basketball
- Use the Victorian Curriculum Movement and Physical Activity standards as the basis for curriculum development and integrate planning and assessment with links to other domains of the Victorian Curriculum.
- Inclusive participation through the implementation of a variety of teaching approaches that caters for individual student learning styles.
- Excursions, visits to the school and whole school activities will be organised to further enhance the program.

Evaluation

This Policy will be reviewed as part of the school's four year review cycle.