



## HEALTH AND PHYSICAL EDUCATION 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 that promote and protect the physical, social and emotional health of individuals. They learn to identify harms associated with particular situations and behaviours, and how to take action to minimise these harms.
- Foster Primary School is committed to creating a learning community for students, staff and parents that is caring, safe, healthy and inclusive. Our Health and Physical Education Program promotes the social, emotional and physical health of individuals.

### Aims:

- Health & Physical Education encourages students to develop the knowledge, skills and behaviours that enable them to:
  - Maintain good health and live a healthy lifestyle
  - Make good choices in relation to nutrition, exercise, sleep and screen time
  - Understand the role of physical activity in ensuring good health
  - Engage in physical activity within and outside of school hours.

The Aims of the program operate within a wider educational context that involves strategies to promote:-

1. **Child empowerment and participation with a focus on:**
  - \* Standards of behaviour for students attending the school
  - \* Healthy and respectful relationships (including sexuality)
  - \* Resilience
  - \* Child abuse awareness and prevention
2. **Student engagement and wellbeing with a focus on:**
  - \* School values that encourage student individuality, difference and diversity
  - \* A culture of positive reinforcement and encouragement
  - \* Programs that provide for the emotional health of students and that underpin our curriculum
  - \* Explicit strategies that address bullying (including cyber- bullying), school attendance and behaviour
  - \* A recognition of the rights and responsibilities for individuals to be treated with dignity and respect
  - \* An active Student Representative Council that forms part of the school's decision-making team

## Implementation:

- Health & Physical Education is an essential learning area of the Australian Curriculum.
- All students at our school will study a sequential Health and Physical Education course. Our Health and Physical Education Program is developed within the framework of the Victorian Curriculum F-10
- We support students to make decisions about their health, wellbeing, safety and physical activity participation by consistent messages across the school and wider community to reinforce their learning and opportunities to practice. We believe that a happy and supportive environment is developed through health – promoting school policies and processes, and partnerships with parents, community organizations and specialist services.

The Victorian Curriculum F-10 Health and Physical Education Curriculum has two interrelated strands:

<b>Personal, Social and Community Health</b>	<b>Movement and Physical Activity</b>
Being healthy, safe and active	Moving the body
Communication and interacting for health and wellbeing	Understanding movement
Contributing to healthy and active communities	Learning through movement

- The school will continue to appoint a Health & Physical Education coordinator who will coordinate the development and implementation of Health & Physical Education across our school. The school will also appoint a Child Safety Officer as with Child Safety Standards.
- The Health & Physical Education coordinator will be responsible for coordinating the school's athletic, swimming, inter-school and intra-school sports programs with support from Office Admin.
- Each student's individual abilities will be measured and reported against the expected Victorian Curriculum achievement standards, particularly at the commencement of each unit of work, and learning opportunities must be provided that cater for the identified needs of each student.
- Student progress in Health & Physical Education will be reported in half and end of year academic reports.
- Allotted time for PE/ Health will be as per departmental requirements.
- Budgets that provide for the needs of the Health & Physical Education program will be resourced by school council.
- Our Health and Physical Education Program contains eleven focus areas that are not discrete topics but areas that enable interconnected learning activities.

The focus areas are:

- Alcohol and other drugs
- Food and nutrition
- Health benefits of physical activity
- Mental health and wellbeing
- Relationships and sexuality
- Safety Active play and minor games
- Challenge and adventure activities
- Fundamental movement skills
- Games and sports
- Lifelong physical activities
- Rhythmic and expressive movement

## Sensitive Issues

A number of topics are included that will be handled sensitively. These topics include:

Ratified by School Council May 2019.

- Sexuality, gender identity and relationships
- Violence prevention education, including gender based violence and domestic violence
- Mental health

We approach the issues in a manner that is consistent with the school ethos, community and parental expectations and prescribed guidelines for our educational sector.

**Evaluation:**

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

Appendix A

Focus area	Current school programs/policies/supporting resources
<p><b>Alcohol and other drugs</b> The curriculum supports students to explore the impact that drugs can have on individuals, families and communities</p>	<p><b>Alcohol Policy</b></p>
<p><b>Food and nutrition</b> Students develop understanding and skills to make healthy, informed food choices and eating habits</p>	<p>Stephanie Alexander Kitchen Garden Foundations School breakfast program Good Food policy Anaphylaxis policy</p>
<p><b>Health benefits of physical activity</b> Students develop knowledge, understanding and skills to make active choices and to explore the range of influences on physical activity participation and choices.</p>	<p>Physical Education Program</p>
<p><b>Mental Health and Wellbeing</b> Students develop knowledge, understanding and skills to manage their own mental health and wellbeing and to support that of others</p>	<p>Kidsmatter Safeminds Professional Development Programs <i>Promoting Healthy Minds for living and Learning</i> Respectful Relationships</p>
<p><b>Relationships and Sexuality</b> Students develop knowledge, understanding and skills to support them to establish and manage respectful relationships. It also supports them to develop positive practices in relation to their reproductive and sexual health and the development of their identities</p>	<p>Catching on Early Respectful Relationships Family Planning Victoria Protective Behaviours</p> <p>Resource: <i>Supporting Sexual Diversity in School</i> (Website Links)</p>
<p><b>Safety</b> Students develop knowledge and skills to make safe decisions and behave in ways that protect their own safety and that of others</p>	<p>Child safe Policy Catching on Early Students Safety Survey Protective Behaviours Whole School Behaviour Management Program Care of Ill Students Critical Incident Recovery Camps and Excursion Policy</p>

	<p>E-smart Policy  Incursions Policy  Bullying and Harassment Policy  Information and Communication Technology Policy  Onsite Supervision of Students  Sunsmart Policy  Occupational Health and Safety Policy  Mandatory Reporting Policy  Privacy Policy  Anaphylaxis Policy</p> <p><i>Personal Safety Education Program Daniel Morcombe Child Safety Program  Queensland Education Department  Building Resilience: A Model to Support Children and Young People  Cultural Safety for Aboriginal children (Commission for Children and Young People)</i></p>
<p><b>Active Play and Minor Games</b>  Students move and use their bodies to develop, practice and refine motor skills, balance, strength and coordination</p>	Physical Education Program
<p><b>Challenge and adventure activities</b>  Students participate in a variety of physical activities designed to challenge them physiologically, behaviourally and socially.</p>	Physical Education Program Camping Program Bike Education Program Swimming Program
<p><b>Games and Sport</b>  Students develop movement skills, concepts and strategies through a variety of games and sports</p>	Physical Education Program Schools Sports Program
<p><b>Lifelong physical activities</b>  Students participate in physical activity that can enhance health-related fitness and wellbeing across their lifespan</p>	Physical Education Program
<p><b>Rhythmic and expressive movement activities</b>  Students compose and perform movement in response to equipment, beats, sound, images, words or mime</p>	Music Education Program