

### PURPOSE

The Health and Physical Education program at KEPS provides students with knowledge, skills and behaviours that enable them to develop and maintain their physical, mental, social and emotional health.

### POLICY GUIDELINES

- The Physical Education curriculum at Kew East Primary School is based on AusVELS, in particular, '*Movement and Physical Activity*', with a focus on development of Fundamental Motor Skills, fitness, complex motor skills and game sense. The program also fosters and develops a positive attitude toward living a healthy lifestyle.
- The Physical Education curriculum focuses on providing a fun and inclusive environment that encourages students to develop their fundamental motor skills and fitness. By doing this they will begin to understand the importance of a healthy lifestyle and physical activity in later life.
- Students are encouraged to regularly engage in periods of moderate to vigorous physical activity. They participate in physical activities for the purpose of improving skills and health.
- Throughout all levels of the school, students will learn and build on their sportsmanship and teamwork skills by working in groups and teams to achieve varying goals.
- Through physical activity, students understand the contribution of rules and procedures to make for safe conduct of games and activities. They work with others to achieve goals in both cooperative and competitive sporting and game situations.
- Health is covered within the classroom through the integrated scope and sequence. This is supported within the Physical Education Program.

### PROGRAM IMPLEMENTATION

- All students shall participate in one 50 minute Physical Education lesson per week with a specialist teacher.
- The Physical Education (PE) teacher is responsible for planning the school PE and Sport Program. equipment is provided for from the Physical Education Budget.
- Students in Foundation, Year 1 and 2 will learn and develop their Fundamental Motor Skills with different games and activities including being given the opportunity to create their own games and work in teams of different sizes.
- Years 3 to 6 students will focus on sports, breaking down the skills within those sports. Throughout a sport focus, students will participate in modified games that allow them to develop these skills. Students will work in teams of varying sizes and with students of different abilities.
- Students will be continuously monitored on their Fundamental Motor Skills, fitness and participation levels.
- At times students will complete self and peer assessment tasks, as this is strongly linked with the AusVELS Thinking Process Domain.
- Students are assessed against AusVELS and parents will be provided with written semester 1 and 2 reports on achievement.
- Students in the upper years will at times be given the opportunity to use ICT (such as iPads) within Physical Education classes to support self and peer assessment.
- Perceptual Motor Program is provided to Foundation students. Students participate in the program that is designed to develop body and spatial awareness as well as visual and spatial skills through movement tasks.
- Aquatic Safety Program is provided for Foundation, Year 1 and 2 students where they participate in a 10 lesson program so as to improve their aquatic safety knowledge and develop aquatic skills. This program is strongly linked with AusVELS.
- Platoon sessions are provided to Year 1 - 4 students where they participate in one extra physical education session each week that extends on their learning from the unit of work being taught during Physical Educations classes.

# KEW EAST PRIMARY SCHOOL

## HEALTH & PHYSICAL EDUCATION POLICY

Page 2 of 2

- Interschool sports is available to all Year 5/6 students where they participate in a round robin fixture and possible Gala days in a chosen sport against schools from the Kew District. Interschool sport includes a summer and winter competition.
- Athletics instruction allows students to learn and practise the main athletic events in the lead up to the KEPS Athletics Day. Students from Kew High will assist with running events on Athletics day.
- Students in Year 5/6 will be given the opportunity to participate in extra interschool sport such as Hooptime, Milo T20 Blast, district athletics, district swimming and Coach Approach. At times Years 1-4 students will be involved depending on the event.
- Cross Country competition is provided to all students in Year 1-6. Students practise prior to participating in the KEPS Cross Country.
- Parents will be informed of the curriculum and interschool sport through newsletter updates and sports reports at assembly.
- Parent assistance will often be required for these events and parents will be contacted in a timely manner

### EVALUATION

- This policy will be reviewed on a cyclical basis in accordance with the School Council Policy review schedule or if required earlier at the discretion of the School Council.

**Policy Area:**  
Teaching & Learning

**Ratified School Council:**  
November 2015

**Next Review:**  
2019