



## RATIONALE

Physical Education is concerned with helping young people to develop competence in making decisions and taking action to promote an active, healthy life-style. A well-balanced comprehensive physical education program contributes to students becoming self-confident, independent, disciplined, healthy, happy and fit. P.E. and sport will be without gender bias.

Physical Education lays down the foundations on which an effective Sports Education program can be built. The desirable outcome of a comprehensive P.E. and Sport Education program is active recreation.

## AIMS

Based on that philosophy the aims of the P.E./Sport programs at Kalinda Primary School are for students to:

- Have fun and enjoy themselves through participation in physical activity, including games and sport.
- Develop knowledge, experience and skills related to the four concepts: physical activity, growth and development, aesthetics and social development.
- Develop confidence and competence in the acquisition of basic motor skills that will enhance participation in a wide variety of physical activities.
- Attain and maintain an optimal level of fitness for performance of daily tasks with control, efficiency and effectiveness.
- Develop personal values through participation in human movement, both individually and in groups.
- Participate in physical activities that develop social skills which will enable students to function effectively in interpersonal relationships, display sportsmanship and positive spectator behaviour.
- Be able to manage the co-operative and competitive requirements of sport.
- Develop language and concepts.

## GUIDELINES

- Department of Education and Training's recommendations will be followed.
- Fundamental Skills will be an integral part of the program.
- P.E. lessons will aid the fitness and health development of the students and encourage them to extend their physical capabilities.
- Students will be presented with appropriate activities using safe and suitable equipment.
- P.E. lessons will involve skill development leading to effective participation in games and other leisure time pursuits.
- Aspects of P.E. should be integrated into other areas of the curriculum where possible.
- Swimming instruction shall be provided for all grades where possible using the facilities and staff from local pools.
- A Perceptual Motor Program, will be provided for the Prep. Year students, and for others as required/where possible.
- Older students should be encouraged to participate in sporting activities at a school and interschool level.
- Teachers will endeavour that students experience no gender bias.

## IMPLEMENTATION

- The Phys. Ed. specialist or co-ordinator will be responsible for the implementation, monitoring and review of this policy and program.
- This policy will be reviewed as part of the school's three-year cycle of review