

Policy Document

Health, Physical Education and Sport v2.0

Rationale

At Stonnington Primary School we value the importance of a healthy lifestyle and physical activity in the lives of individuals and groups in our society. Engaging in physical activity, games, sport and outdoor recreation contributes to a sense of community and social connectedness which are vital components of improved wellbeing. Through this understanding, our students will be equipped with the skills to promote the factors and awareness that contribute to the healthy lifestyle, of all members in their/our community. An effective HPE and Sport program therefore has the potential to impact on the physical, social, emotional and mental health of students.

Objectives

To provide a Health, Physical Education and Sport program which enables students to gain the knowledge, skills and attitudes that will:

- Encourage participation in physical activity and fitness
- Promote a healthy lifestyle
- Develop effective relationships through teamwork
- Develop gross motor skills

Implementation

The school will provide:

- Stonnington Primary School follows the mandated requirements set out by AusVELS
- Sport Education from year three to six through involvement in School Sport Victoria
- The program includes weekly fitness, sport, PMP and PE sessions
- The AusVELS Health and Physical Education domain provides students with the knowledge, skills and behaviours to develop and maintain their physical, social and emotional health.
Areas covered:
 - Fitness & Physical Performance
 - Developmental Changes
 - Identity
 - Safety, Challenge and Risks
 - Food and Nutrition
- The Health Education component will be supported by such programs as the Individual School's Drug Education Strategy , Life Education and Family Life

Evaluation

- Monitoring of achievements will occur via AusVELS, observation and testing where appropriate
- This policy will be reviewed as part of the school's four-year review cycle.

Ratification

Ratified by School Council: date ratified by school council
School Council President: Glen Noble Principal: Anne McPhee



Policy Document

Document Control			
Date	V#	Author	Comment/Alterations
18.9.13	2.0	JH	Policy ratified by SPSC.