



Hampton Park Primary School

PHYSICAL EDUCATION POLICY

AIMS

During this year my aim is to have happy, secure students who are constantly striving to reach their potential physically and socially. My belief is that by having a Phys Ed program that engages and fosters the child's enjoyment of physical activity in its many forms the child may adopt a lifelong commitment to living a healthier active lifestyle. During the program the children will be exposed to and given opportunity to participate in many traditional sports that they will find in their local community.

Physical fitness in children is also a key priority. I am a strong believer and supporter of physical fitness and this will be reflected in the activities that the children participate in. Sporting and fitness activities will strongly reflect physical needs and will also consist of an extensive values component.

OVERVIEW OF THE PROGRAM

YEAR 1 -3 FUNDAMENTAL MOVEMENT SKILLS

The junior school focus is on learning to move and use their bodies in many ways from walking, skipping, hopping to running. They will learn about boundaries, whistle commands and simple game rules, the use of and need for space in physical activities and games and positive sporting values and behaviours.

The junior school students will be exposed to the traditional community based sports that they will have the chance to participate in on weekends and some not so traditional games that give them great opportunity to showcase the skills and values they have been learning.

YEAR 4 – 7 ACTIVITY AND SPORT BASED LEARNING

The middle and upper students are given opportunity to further their skills learning and hone their sporting values in a games based approach. The children learn to use skills under the pressure of competitive games. This exposes them to the need for space and quick decision making required in team games.

TARGET BEHAVIOURS

The school's values and expected behaviours are also focused on in the Phys Ed program. I also target sporting based values such as Playing Fairly, Being a good sport not just good at sport, Accepting Physical Differences and LIVING THE CHALLENGE NOT THE WHINGE!!

"Sometimes things are not easy, it's okay for my body to work hard to breathe hard to hurt a little bit. I am not going to be good at everything but I can try to improve. I don't have to compare myself to others but I do need to strive to be better than I was."

EXPECTED SPORTS WEAR

- ◆ As per the school's dress code students must wear a school broad brim blue bucket hat with logo. Children are encouraged to be "Sun Smart" and to wear a school hat during recess, lunch and any outdoor activities that occur during the school day.
- ◆ Should children not have a school hat they will not be able to participate in Phys Ed or Sport lessons, repeated behaviour will result in higher consequences including removal of privileges such as GFTs
- ◆ Could all children please wear sporting shoes (closed in sneakers) on their Phys Ed and Sports Days. Inappropriate footwear can be unsafe and unhealthy for developing feet.

PARENT INVOLVEMENT

Parents are more than welcome to assist during carnivals and sporting occasions. If you feel you have something to offer from judging or marshalling at Athletics or Swimming Carnivals to coaching one of our teams in the Summer or Winter Carnivals please let Me or the class teacher know. School newsletters will have information as carnivals occur.

Children will come home with notes outlining carnival needs requirements and expenses. These need to be completed and returned to the class teacher BEFORE the activity date.

Encourage your children to be as active as they can be, practice skills, play with a ball, take the dog for a walk.....

Physical Activity and being fit are essential to all school learning

Michael Lee