



## **HEALTH AND PHYSICAL EDUCATION**

*Revised January 2016*

### **Introduction**

At Somers Primary School, studies in Health and Physical Education promote understanding of physical activity and movement, food and nutrition, health and safety, human development and human relations.

### **Aims**

- To develop and make students aware of the importance of general fitness and physical health.
- To give all students the opportunity to experience and develop skills required for physical activity.
- To encourage good sportsmanship, respect for themselves and others, and team spirit.
- To foster individual students' enjoyment of physical activities and healthy living which may continue throughout his/her life.
- To provide students with an awareness of safe living practices and the individual's responsibility towards such practices.

### **Implementation**

Prep Year level will do a Perceptual Motor Program (PMP).

The Life Education Unit van will visit the School once every second year and classes will be taken by a specialist teacher.

Year levels 5-6 will have the opportunity to participate in interschool sports as organised by the Hastings and District Sports Association, which is affiliated with the Victorian Primary Schools Sports Association.

Classroom teachers will follow the guidelines for program development as set out in the Curriculum and Standards Framework.

Local facilities, parents, sporting associations will be used to expand and provide specialist input into School and class programs.

The Health and Physical Education coordinator will be in charge of resources, equipment, program development, evaluation and all other aspects of the program.