



Physical Education and Sport Policy

Holy Spirit Community School

North Ringwood

PREAMBLE:

Holy Spirit Community School recognises the importance of Health, Sport and Physical Education within the school curriculum. Experienced in a safe and supportive environment, Physical Education is vital and unique in its contribution to a student's physical, social and emotional development.

A Physical Education curriculum enables students to develop positive attitudes towards physical activity and lifelong habits of participation. The physical activity experiences which the child has at school, will impact significantly on attitudes and practices in later life. Physical Education and Sport programs at Holy Spirit will cater for the different requirements of all boys and girls, where the foundations are laid for them to remain physically active throughout their school years and in later life.

“Health promoting schools are schools which display, in everything they say and do, support for and commitment to enhancing the emotional, social, physical and moral wellbeing of all members of their school community.”

World Health Organisation

At Holy Spirit School we have identified Physical Education and Sport under the strand of *Physical, Personal and Social Learning*. It encompasses the domains of *Health and Physical Education* and *Interpersonal Development*, within the dimensions of:

- Movement and Physical Activity
- Working in Teams
- Building Social Relationships

The dimension of *Health Knowledge and Promotion* is taught both through Physical Education lessons and under the two-year cycle of our Integrated Curriculum topics.

AusVELS defines Movement and Physical Activity:

The *Movement and Physical Activity* dimension focuses on the important role that physical activity, sport and recreation need to play in the lives of all Australians by providing opportunities for challenge, personal growth, enjoyment and fitness. It promotes involvement in a manner that reflects awareness that everyone has the right to participate in a healthy and active lifestyle. It develops students' confidence in using movement skills and strategies to increase their motivation to become active as well as improve their performance and maintain a level of fitness that allows them to participate in physical activity without undue fatigue. It builds understanding of how training and exercise in areas such as strength, flexibility and endurance relate to physical performance.

Physical Education & Health

AusVELS defines Working in Teams:

In the *Working in Teams* dimension students develop the knowledge, skills and behaviours to cooperate with others to contribute to the achievement of group goals. The focus is not only task achievement, but also on contributing to, and reflecting on, the learning which occurs through being part of a team.

AusVELS defines Building Social Relationships:

Learning in the *Building social relationships* dimension supports students to initiate, maintain and manage positive social relationships with a diverse range of people in a range of contexts. Students learn about and practise the social conventions which underpin relationships and learn how to act in socially responsible ways. Strategies for understanding, managing and resolving conflict are also an important focus.

RATIONALE:

Physical Education and Sport is an integral part of the school curriculum.

At Holy Spirit Community School we believe the inclusion of Physical Education and Sport in our curriculum:

- Provides student involvement in a variety of physical activities ranging from individual to team games.
- Contributes to improved personal health and fitness through engagement in physical activity, games and sports.
- Provides students with opportunities to experience a variety of physical activities to promote lifelong participation for a healthy lifestyle.
- Provides opportunities for students to learn simple rules and procedures, required to engage safely and confidently in physical activities.
- Develops a sense of belonging and the ability to interact with others in order to initiate, maintain and manage positive social relationships.
- Builds successful social relationships by allowing students to develop skills and strategies to manage and resolve conflicts in a sensible, fair and effective manner.
- Provides opportunities and experiences for students to develop interpersonal skills such as, collaborating and cooperating with others and sharing resources. This enables students to maintain a positive learning environment.
- Encourages teamwork providing a balance between individual needs and the needs of the group, which is essential for success in the community and future workplace.
- Provides students with the knowledge and behaviours necessary for lifelong involvement in physical activity, health and well being.
- Develops an understanding for the need of the community to take action in promoting knowledge about the physical, social and emotional health of individuals, families and communities.

AIMS:

At Holy Spirit Community School we recognise our responsibility to provide a Physical Education and Sport Program, which develops fundamental skills in movement and physical activity, while building on the interpersonal skills of teamwork, collaboration and cooperation.

We aim to achieve this most effectively when:

- Emphasis is placed on motor skills and tactical knowledge to improve and develop a student's strength, flexibility and endurance.
- Activities are provided which encourage students to take risks and perform at their personal best in a supportive, positive, and enjoyable learning environment.
- Motor skills, movement, competence, health related fitness and sport knowledge are developed.
- Opportunities are provided for the ongoing development of individual skills through further practise and game playing, moving from informal to formal experiences.
- Opportunities are provided for students to participate in activities where cooperative skills are taught and developed.
- Opportunities are provided for students to assume a variety of roles and responsibilities within a physical activity.
- Skills and strategies needed to manage and resolve conflicts are taught through games and sports.
- Time is provided for students to practise and develop fundamental motor and sporting skills and behaviours.
- Students are provided with knowledge to make educated choices to maintain a healthy and active lifestyle.

Implementation:

As a whole school, we are committed to achieving these aims by providing:

- Weekly specialist Physical Education lessons
- Follow up Sport lessons with the classroom teachers to consolidate and practise skills taught
- Whole School Sports Days
- Participation in the RDPSSA network for the PE/Sport leader
- Link Physical Education and Sports activities to AusVELS outcomes
- An Integrated approach in developing student understandings of a healthy lifestyle
- Age appropriate adventure playgrounds and play areas
- School sporting facilities accessible to the students at play and lunchtimes
- Links to Parish based sports clubs
- Family Life sessions run annually

At Foundation - Level 2 we achieve this by:

- Implementing PMP and fundamental movement skills into weekly Physical Education lessons
- Consolidate and extend skills taught in specialist Physical Education lessons
- Providing opportunities to participate in team games to practise skills

At Level 3-4 we achieve this by:

- Weekly skills, fitness sessions and clinics to consolidate and extend skills taught in specialist Physical Education lessons
- Participation in House Cross Country and Athletics events
- Opportunities to participation in the RDPSSA Sports Programs – Swimming, Cross Country, Athletics (Level 4)

At Level 5-6 we achieve this by:

- Providing an Integrated Curriculum which includes Drug Education, Leadership Forum, Health and Well-Being Forum
- Participation in Summer and Winter Weekly Interschool Sports Programs
- Opportunities to participate in the RDPSSA Sports Programs – Swimming, Cross Country, Athletics
- Opportunities to participate in elite SSV state team trials
- Providing opportunities for sporting leadership roles (Level 6)

Reviewed by staff: June 2015

Endorsed by School Board: October 2015