



Our Lady of the Way Catholic Primary School **Health & Phys Ed Program**

Health and Physical Education Statement

Health and Physical Education focuses on our students enhancing their own and others' health, safety, wellbeing and physical activity participation in varied and changing contexts. The curriculum is contemporary, relevant, challenging and encourages physical activity.

In Health and Physical Education, our students develop the knowledge, understanding and skills to strengthen their sense of self, and to build and manage satisfying relationships. The learning program helps them to be resilient and to make decisions.

Integral to Health and Physical Education is the acquisition of movement skills, concepts and strategies to enable students to confidently, competently and creatively participate in a range of physical activities. As a foundation for lifelong physical activity, participation and enhanced performance, our students develop proficiency in movement skills, physical activities and movement concepts and acquire an understanding of the science behind how the body moves.

The specialist Physical Education teacher is responsible for the planning and implementation of 45 minute weekly lessons for each class. The classroom teacher also takes their class for a sport lesson each week which serves to reinforce the skills taught in the specialist lesson. Assessment is ongoing and Physical Education is reported twice yearly against the Victorian curriculum.

At Our lady of the Way Primary School, the Health Knowledge and Promotion dimension/strand is taught by classroom teachers as part of their Integrated Studies units. Where appropriate, incursions and excursions are provided to support and enhance the learning in this area. Assessment is ongoing and Health is reported yearly against the Victorian Curriculum standards.

The Sport Co-ordinator organises appropriate incursions and excursions to ensure student participation in a range of District and Zone sporting events, as well as Interschool Sport and in-house sporting clinics. The students in Year 5 and Year 6 participate in a summer and winter Interschool sports program. At the end of Term 1, all students participate in our annual, 'Twilight Sports'.

All students participate in our Swimming Program which is a series of five lessons, where swimming skills and water safety are taught. The program is taught by qualified instructors at YMCA Epping swimming pool.

The evaluation of the Health and Physical Education statement will occur regularly, as required.

(April 2019)