



Health & Physical Education

1.0 Rationale

Health and Physical Education provides the students at Cheltenham East Primary School with the opportunity to build positive attitudes and practical skills while developing a healthy lifestyle. It is valued as an integral part of the whole curriculum where students increase their physical competence and building an understanding of community health and safety.

2.0 Goals

- To provide a comprehensive and sequential physical education program which caters for the individual needs of students;
- To promote among students physical fitness and competence in performing fundamental motor skills essential for healthy growth and development;
- To promote student participation, cooperation and enjoyment in physical activities and foster recreational interests;
- To develop positive attitudes and behaviour towards themselves and others.

3.0 Implementation

- A sequential P-6 approach will be developed in accordance with the standards set out in the Victorian Curriculum with a weekly time allocation as specified by the Department of Education & Training.
- Annually, intensive swimming programs will be organised for the whole school using qualified swimming instructors.
- Classroom teachers are to ensure that mindfulness practices are incorporated into weekly teaching cycles.

4.0 Resources

- Victorian Curriculum & Assessment Authority (VCAA)
- Australian Council for Health & Physical Educational Research (ACHPER)
- Fundamental Motor Skills Program (FMSP)
- Various teacher reference material

5.0 Evaluation

- Assessment will be centred on the standards set out in the Victorian Curriculum. Recording of student achievement in relation to these standards will be recorded using checklists.
- Assessment of progress through the FMSP will be made as appropriate using checklists adopted from the program.
- Anecdotal evidence, notes and comments by teachers regarding class and individual student performance will be sought.
- Teachers will participate in appropriate professional development aligned to school and individual Professional Development Plans.
- Convenor to review program each year and make recommendations.

6.0 End of Document