



St. Joseph's Primary School

PD/H/PE POLICY 2011

RATIONALE

St. Joseph's Primary School Merriwa honours its commitment to quality Catholic education through its provision of high quality educational programs through which each child is enabled to reach their full potential.

(adapted from the school vision statement)

The relationship between a healthy lifestyle and academic progress is well known. Personal Development, Health and Physical Education is an essential part of the school's curriculum, providing students with the knowledge and practical skills necessary for developing a better quality of life.

AIMS

To develop in each student the knowledge, skills and attitudes needed to understand, value and lead healthy and fulfilling lives.

This aim will be achieved by developing in each student:

- self esteem, social responsibility and well-being
- movement skills and personal fitness
- the ability to make informed health and lifestyles decisions

CATHOLIC DIMENSIONS

As followers of Christ and people made in the image and likeness of God, students must truly value who they are and feel empowered to develop and become the people God wishes them to be. The ability of young people to value themselves and their environment as they grow and mature is a true reflection of the value and love God holds for all people.

Relationships with the people, the places, events and the things of this world are an essential part of students' growing understanding of themselves. The realisation of one's potential, demands a commitment to learning about the people, events and things of our world. In them, we believe, God may be found.

Our faith is found in all that we teach and learn and God's hand is clearly evident in our past, our present and our future.

IMPLEMENTATION

The teacher will structure regular and frequent activities to ensure that learning takes place in each of the eight content strands below each year. **Two (2) hours of physical activity should be timetabled for each week.**

1. Growth and Development
2. Interpersonal Relationships
3. Personal Health Choices
4. Safe Living
5. Fitness and Lifestyle
6. Games and Sports Skills

7. Gymnastics
8. Dance

The school's sports day is set at the beginning of each year according to the availability of resources. All teachers will conduct sports activities in accordance with the school's 'Sun Smart' Policy.

Personnel

The classroom teachers are responsible for programming and teaching PD/H/PE.

One classroom teacher will be the school contact person for PDHPE, nominated each year. This person will receive and review PDHPE resources.

One classroom teacher will be the sports person, who will coordinate the running of school swimming and athletics carnival and processing of representative sports.

Members of the community will be engaged to help with the teaching of swimming and have Austswim qualifications.

Visiting Sporting personnel- i.e. Country Rugby League, Life Education, etc.

Resources including:-

PDHPE syllabus

Broken Bay K-6 units

REDI Resources

The Street Sense Program

Protective Behaviours Program – Maitland-Newcastle Diocese- Anne Gleeson 2007

Get Active program

Time Allocation

The whole school participates 4 lunch times a week for 15 minutes in a daily PE Program

One hour of sport each week.

1hr 25mins – 2hrs 40 each week for the teaching of PDHPE

Incursions and Excursions

The staff will provide opportunities for the children to participate in excursions and incursions including Diocesan Carnivals, Regional Carnivals, Netball Competitions and visiting Sport Development Officers, Swimming lessons, Gymnastics programme, Life Education.

BUDGET

Appropriate funds will be allocated annually from the school budget to allow for the successful implementation of the PDHPE curriculum. Staff will prioritise the purchase of resources that are necessary to effectively implement the Syllabus and units of work, including sporting equipment. Gymnastics will be charged to parents through their Resource Fee each year.

EVALUATION

This policy will be review in 2014 or as the National Curriculum is implemented.

The Scope and Sequence attached is currently followed by all teachers and suits the Stage based arrangements of the classes. The nature of the school is such that the composition of classes changes from time to time and the Scope and Sequence must change to reflect this.