

# St. Theresa's Primary School, Albion

## Physical Education Policy



### Rationale :

Physical Education is a vital component of the educational process which contributes to the total development of the individual including physical, intellectual, social and emotional aspects. PE educates children in, about and through movement.

### Beliefs :

At St. Theresa's we believe that

- every child should have equal access to a balanced program. It should provide the children with the knowledge, skills and attitude to take the responsibility for their emotional and physical well beings
- physical education and sport are two separate identities
- it should be inclusive of all children regardless of gender and physical abilities and socio economic background
- we need to be sensitive to cultural differences
- physical education should help the students to develop the competencies and beliefs necessary for incorporating regular activities into their lives
- it is important that staff have the opportunity to attend professional development and to have access to a variety of resources.

### Aims :

Our Physical Education Program aims

- to develop the knowledge and skills that promote participation in physical activity
- for the children to value and develop an understanding of the concept of fitness
- to provide and develop a well balanced comprehensive program
- to use the skills taught in PE to play major games
- for the children to experience fun and enjoyment through participation
- to develop sportsmanship skills and a sense of team spirit.

### Implementation :

The Physical Education Specialist teacher is responsible for the planning and implementation of the Physical Education program.

Each class has a 1 hour lesson per week.

During the year each child from Prep - 4 will be provided with the opportunity to participate in an intensive school-swimming program, provided by qualified swimming instructors.

The Grade 5 – 6 children will participate in a Level 1 first aid course.

A separate policy exists for outdoor education.

All children will participate in an annual sports day.

Adequate resources will be provided and replenished as necessary.

A sports equipment borrowing system will operate at lunchtimes.

Grade 5 and 6 children will be involved in an inter school sport program during terms 2 and 3.

Sport uniform to be worn on sport and PE days only.

The children will take part in available sports clinics and activities.