Physical Education Statement

Physical Education is a component of the Health and Physical Education domain. This domain is organised in two dimensions:

- *Movement and physical activity* – from Level 1
- *Health knowledge and promotion* – from Level 3.

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 to improve their performance and to 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.

Classroom teachers teach *Health knowledge and promotion* as part of the Integrated Curriculum. A Physical Education specialist teaches *Movement and physical activity* in Physical Education lessons. Each week, classroom teachers also take a Physical Education lesson with their own class. This serves to reinforce the skills taught in the specialist lesson. Foundation to Year 2 students receive a specialist lesson of 45 minutes each week and Years 3 to 6 receive a 70 minute lesson each fortnight. The specialist teacher has regular contact with classroom teachers to provide a curriculum that supports current classroom teaching wherever possible. The Sport Coordinator and Physical Education specialist teacher organise 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. Assessment is continuous and Physical Education is reported twice yearly against the AusVELS standards, in our June and December reports.

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