



MARY IMMACULATE PRIMARY SCHOOL

*A dynamic and caring community committed to enacting our faith; inspiring, challenging and engaging lifelong learners.
(excellence, integrity, inclusiveness, respect)*

Health and Physical Education Statement

Aligned with the Victorian Curriculum, 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.

In Health and Physical Education, our students develop the knowledge, understanding and skills to strengthen their sense of self, and to build and manage healthy, safe and satisfying relationships. The learning program helps them to be resilient and to make informed 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. Through our Health and Physical Education programs, our students will develop an appreciation of the significance of physical activity, outdoor recreation and sport in their lives and the lives of others.

The specialist Physical Education specialist teacher is responsible for planning, implementing and assessing our Physical Education lessons, with each class timetabled to receive a 45-minute weekly lesson. In addition, each classroom teacher takes their class for a sport lesson each week, which serves to increase physical activity and reinforce the skills taught in the specialist lesson. Assessment is ongoing and Physical Education is reported twice yearly by the Physical Education specialist teacher, against the outcomes of the Victorian Curriculum.

Our 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, in-house sporting clinics and swimming lessons. The students in Year 5 and Year 6 participate in the Ivanhoe District summer and winter interschool sports program. At the end of Term 1, all Prep to Year 6 students participate in our annual, 'Twilight Sports' athletics carnival.

The students in Years 3-6 participate in our Swimming Program which is a series of five lessons, where swimming and water safety skills are taught. The program is taught by qualified instructors at the La Trobe University swimming pool. Our Prep to Year 2 students participate in school-based water safety lessons.

The Health Knowledge and Promotion dimension/strand is taught by classroom teachers as part of 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 Resilience Project forms part of the learning and teaching program of Health Knowledge and Promotion.

The evaluation of the Health and Physical Education statement will occur regularly, as required. (Updated 2023)