

Dorset Primary School No: 5132

PHYSICAL EDUCATION POLICY

PURPOSE:

Physical Education provides students with knowledge skills and behaviours in developing and maintaining their physical, mental, social and emotional well being.

As such it is an essential and integral part of the school's curriculum.

BROAD AIMS:

That each child will gain:

- Enjoyment from physical activity
- An awareness of the importance of physical activity as a lifestyle choice
- Enjoyment of physical activity and an awareness of its potential as an optional use of leisure time
- Understanding of his/her own capabilities and limitations and those of others
- A sense of achievement and improvement of confidence and initiative
- Improved physical health and fitness including strength and endurance
- An ability to function individually in a spirit of co-operation with others when undertaking physical tasks
- An appreciation of quality in movement, both for aesthetic reasons and in order to accomplish particular tasks
- Understanding of the rules for, and methods of, playing a variety of games and sports

GUIDELINES:

- Physical Education activities will adhere to the Sun Smart policy guidelines
- The program will cover a wide range of major areas, each area; including a diversity of activities. The major areas will be: ball handling skills, athletics, gymnastics, movement, swimming, games and sports and Perceptual Motor Program for Preps and Grade 1 and 2.
- The teacher responsible for Physical Education will provide the classroom teacher with evaluation of children's performance in P.E.
- Each child will be expected to participate to the best of his/her own ability in all physical education and sport activities unless a written request for exemption by a parent or guardian is received by the school. If total exemption is requested, all teachers will ensure this is observed until participation is again permitted