

## **Health and physical education**

### **PURPOSE**

- To encourage students to recognise the importance of a healthy lifestyle and physical activity in their lives.
- To foster positive, lifelong attitudes towards Health and Physical Education.
- To encourage students to be active, fit, healthy, safe, and cooperative members of our school and community.
- To provide opportunities for students to participate in sporting competitions at both district and regional levels.

### **GUIDELINES**

The Health and Physical Education program will:

- be developed across Preps to Grade 6 within the framework of the Victorian Essential Learning Standards.
- support and encourage all students to have a positive experience while participating in physical activity
- foster the development of effective relationships in both team and competitive environments and reinforce Daylesford Primary School's guiding values of respect, honesty, trust, fairness and cooperation.
- develop students' knowledge and skills in relation to the safety of individuals and groups engaged in physical activity.
- identify the health needs necessary to promote and maintain growth and development.
- include the role of food in meeting dietary needs and the factors that influence food choice. Students will learn about the importance of eating a variety of foods to understand the role of a healthy diet.

### **EVALUATION**

The policy will be reviewed in line with the 4 year cycle.

### **SUPPORTING DOCUMENTS**

- Student Welfare Policy
- Excursions Policy
- Camps Policy
- Integrated curriculum documentation
- Victorian Essential Learning Standards