



# HEALTH & PHYSICAL EDUCATION

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## 1.0 PURPOSE

- 1.1 To develop students' knowledge and understanding of physical activity and movement, health, safety, human development and human relations.
- 1.2 To encourage an appreciation in students of the contribution of physical activity to a healthy lifestyle.
- 1.3 To give students a range of activity experiences which will assist them to effectively use their leisure time later in life.

## 2.0 GUIDELINES

- 2.1 Health, Physical Education, Sport Education and Outdoor Education programs should be inclusive and offer opportunities for all students.
- 2.2 All programs should build on students' interests, experiences and abilities.
- 2.3 A range of teaching and learning strategies should be used, with an emphasis on practical activities.
- 2.4 A range of assessment strategies should be used.
- 2.5 Appropriately qualified Health and Physical Education teachers should teach the programs.
- 2.6 Community resources, such as guest speakers and facilities, should be accessed to support the programs.

## 3.0 IMPLEMENTATION

- 3.1 The Health, Physical Education, Sport Education and Outdoor Education programs will be developed in line with CSF outcomes.
- 3.2 All students in Years 7 - 10 will participate in a range of Physical, Sport Education and Health classes.
- 3.3 Health will be taught at Year 8 as part of the Physical Education program.
- 3.4 Outdoor Education will be offered as an elective at Year 10.
- 3.5 Outdoor Education, human Development and Physical Education will be offered at VCE.
- 3.6 Students will be involved in both practical and theoretical work.
- 3.7 Safe work practices will be taught, emphasised and reinforced repeatedly.
- 3.8 Students will be provided with suitable equipment and facilities.

## 4.0 EVALUATION

- 4.1 The program will undergo cyclic minor and major evaluation.
- 4.2 Both minor and major evaluation will follow the evaluation procedures outlined in the College Evaluation Policy.