

PHYSICAL EDUCATION AND SPORT

Basic Belief

Physical activity, sport and recreation are important aspects of a healthy lifestyle. Participation provides opportunities for relaxation, recreation, fitness, social interaction, movement competence and competition. Experiences in play, recreations, fitness, sport and outdoor environments provide challenges, personal growth and enjoyment, as well as promoting lifelong participation.

Guidelines

1. Physical Education program elements will be based on the Victorian Essential Learning Strands and associated Course Advice documents.
2. A developmental program linking PE and sport will be implemented across all year levels.
3. Participation is encouraged by providing an inclusive program that focuses upon the achievement of personal goals.
4. The time allocation for PE and sport will aim to comply with the recommended hours per week.
5. Opportunities in excellence in physical activity, sport and recreation shall be promoted both for individuals as well as teams.
6. Related policies on Sunsmart and Swimming will be promoted.

Related Policies:

[Child Safety](#)

[Sun & UV Protection](#)

Updated by Education Sub-committee, July 2008

Ratified by SC: July 21, 2008

Review Date: July 2011

This Policy pertains to all programs run/organized by Wodonga Primary School, including Out of School Hours Care, unless a more specific policy applies whereby both policies should be read in conjunction