

Rationale

The Health & Physical Education program promotes lifelong participation in physical activity through the development of attitudes, skills and movement competence. The program helps students learn about factors that promote and protect the physical, social and emotional health of individuals, and they learn to identify harms associated with particular situations and behaviours, and how to make positive lifestyle choices. The program is aligned with the NT Department of Education Training requirements of a minimum of 2 hours of Physical Activity a week.

Aims

Health and Physical Education aims to develop in students:

- An understanding of their own body
- Movement skills in all environments
- Perceptions of being healthy
- An awareness of factors that maintain a healthy lifestyle
- Health decision-making skills
- Respect and care of themselves and others
- Positive interaction and communication with others

Implementation

- St Mary's School and our community share responsibility for promoting the benefits of healthy living and wellbeing to students and staff
- All students at our school will study a sequential Health and Physical Education course based upon the Outcomes contained within the Health and Physical Education Learning Area from the NT Curriculum Framework
- The program will be inclusive of other programs such as MITIOG
- Physical Education and classroom teachers are required to work together, and with the community and external agencies to develop and implement a joint Health & Physical Education program for all students.
- The Physical Education coordinator will be responsible for coordinating the school's athletic, swimming, inter-school and intra-school sports programs
- The Physical Education teacher will take each class for 2 one-hour sessions of Physical Education each week
- Class Teachers are encouraged to take their classes for additional Physical Education Lessons
- Learning opportunities are provided that cater for the identified needs of each student
- Learner's progress in Health and Physical Education will be reported in academic reports and evidence of learning will be included in the student's Evidence of Learning Folders

Evaluation

This policy will be reviewed as part of the school's three-year review cycle or as required.

This policy will be published on the St Mary's Catholic Primary School website.

Review/Ratification

Year of review	SIRF Committee Responsible	Ratified By / Date (Month/Year)
2012	Teaching and Learning	School Board - November 2016
2019	Teaching and Learning	

Next Review: 2019