

**St Agnes' Primary School Matraville**

**-P.E Policy-**

**Physical Education Policy**

**2006**

**PHILOSOPHICAL BASIS:**

**Children should be allowed to develop to their fullest potential in the spiritual, social, physical, emotional, intellectual, moral and cultural areas.**

**At St Agnes School:**

- The P.E. program provides the opportunity for children to develop an enthusiasm for physical activity and to maintain and encourage that enthusiasm so that they become committed to pursuing an active lifestyle.
- P.E. encourages children to participate in vigorous activity and promotes a balance between:
  - Enjoyable hard work and fair play
  - Cooperation and competition
  - Individual and group involvement
  - Relaxation and adventure
- Children will not be disadvantaged because of their size, sex or individual differences.
- P.E. encourages cultural diversity.
- Participation in regular physical activity has positive effects on aspects of health.
- P.E. enhances the children's creativity and aesthetic awareness and develops positive attitudes towards regular physical activity in the pursuit of an active, healthy lifestyle.

**MANDATORY PROVISIONS:**

**At St Agnes' School:**

- Formal sport lessons to take place each week conducted by specialist sport teachers.
- Compliance to B.O.S. regulations 2 hours of Planned Sport and Fitness will be implemented.
- Fitness activities will include:
  - Joint mobility exercise
  - Health hustles
  - Fun runs
  - Jogging
  - Calisthenics

- Active games
  - Relays
  - Obstacle runs, circuits
  - Partner activities
- 
- The teachers will provide activities in the skills are that include:
    - Ball/games skills
    - Gymnastics
    - Dance- P.E. or creative arts
  - All children will have the opportunity to be active and compete at their level in school carnivals.
  - Equipment will be checked before use by the teacher to ensure that it is safe.

### **DISCRETIONARY BASIS:**

#### **At St Agnes' School:**

- Children may be encouraged to participate in interschool and representative sport activities.
- Specialised teachers may provide specific skills lessons- e.g. gymnastics, dance etc.
- Accessing community facilities.
- Sports equipment to be purchased on a needs basis.