

# PHYSICAL & SPORT EDUCATION

## PURPOSE

Murrumbeena Primary School recognises that a well structured Personal, Social, Physical Education (PSPE) program is paramount in the development of each child's physical skills, fundamental movement skills and fine motor skills, fitness habits and wellbeing. It helps to develop resilience, promotes positive attitudes towards a healthy life, affords opportunities for developing skills in interpersonal and group relationships, and equips children for long term positive use of leisure time.

## AIMS

To develop knowledge, confidence and positive attitudes towards physical activity and develop life-long habits of participation, regardless of skill and fitness levels.

To promote individual understanding and responsibility for personal health and wellbeing through physical movement, food and nutrition, health, safety, human development and relationships.

To enable all children to achieve their cognitive, social, emotional and physical potential through participation in a regular, planned, comprehensive and sequential program of physical activities as set out in the Victorian Curriculum and working alongside the Primary Years Program (PYP).

To incorporate the PYP into physical education lessons and collaborate with classroom curriculums.

To provide experiences where children learn about their feelings, responses to others, working with peers and people beyond their immediate friendship group and how to respond to challenging situations.

To provide opportunities for experience in all types of movement patterns and sequences (as an individual and within a group) with and without apparatus or equipment.

To provide opportunities for children to connect with others, explore responsible and social behaviour and develop leadership skills in a range of sporting areas.

To develop each child's level of fitness in terms of stamina, strength, agility and flexibility.

To facilitate the gradual acquisition and application of a broad range of skills which can be applied to minor games and prepare children for recreational pursuits.

To enable all children to develop a wide range of skills, develop resilience and to experience enjoyment, stimulation and a sense of achievement through creative activity, cooperative learning and teamwork.

## PROGRAM GUIDELINES

DET guidelines in primary schools for years:

- **P-3:** 20-30 minutes of physical education a day.
- **4-6:** 3 hours per week of physical education and sport with a minimum of 50% of that time for physical education.

In order to work toward achieving the DET guidelines, Murrumbeena Primary School classes will have regular physical education lessons with a specialist teacher, supplemented by additional physical activities taken by class teachers.

Formal swimming classes will form part of the annual physical education program due to Murrumbeena Primary School having an on-site swimming pool. The swimming program is run by the external provider 'Swimsafe'. (Refer to appendix 1 – Aquatic Education).

Health activities will be implemented by the classroom teachers and embedded into annual PYP units of inquiry. Where appropriate, the physical educator will take health lessons.

The PSPE (Personal, Social and Physical Education) program will include a variety of strategies to actively engage students and build knowledge and skills across a range of physical activities including: dance, athletics, minor & major games, ball handling, racquet skills, striking skills, movement tasks, exploration/gymnastics, fitness, outdoor education and aquatic safety & swimming. Emphasis will be on providing a stimulating learning environment that includes challenging tasks, vigorous activities, with a strong focus on fundamental movement skills.

Emphasis is placed on developing positive social relationships, social competencies, resilience, managing and resolving conflicts, good sportsmanship, development of self esteem, school pride, enhanced student leadership and connectedness.

Within the sport program, students in years 5 and 6 take on official roles such as umpire, scorer/timer, records officer, coach and equipment monitor.

Students in Years 3 – 6 are given opportunities to apply and extend their skills through participation in a broad range of School Sport Victoria Inter-School Sport activities e.g. swimming, cross-country, cricket, rugby and athletics.

Students in Years 5-6 participate in regular interschool sport with neighbouring schools. These sports include basketball, softball, flag tag, cricket and volleyball for summer. Winter sports are netball, AFL, rounders, sof-crosse and soccer. Students selected as part of a State team, as a result of this participation, will be subsidised up to \$150 to enable them to participate in national competition.

## **EVALUATION**

**Pupil assessment** to include objective tests (eg Australian Fitness Test), reflection activities and observation of:

- skills and fitness development
- contribution, attitudes, punctuality and motivation
- social skills, co-operation and sporting behaviour

**Program evaluation** to be undertaken annually in terms of:

- meeting the needs of all children according to social, personal and skill development
- opportunity for involvement in both mixed and single sex settings
- organisational factors
- leadership and instruction
- parent and community involvement
- safety

This policy will be reviewed on a 3 year cycle.

This Review: 2018      Next Review: 2021

## **APPENDIX 1 - Aquatic Education**

### **PURPOSE**

Aquatic education is an integral and essential part of physical and sport education and provides essential components of personal survival in aquatic environments in addition to developing strong and effective swimming techniques. It promotes physical fitness as a worthwhile leisure activity. The on-site swimming pool gives the Murrumbeena Primary School students easy access to a structured swimming program.

### **AIMS**

To provide an enjoyable program that develops each child's knowledge and understanding of aquatic safety and develop a healthy respect for the aquatic environment.

Establish and extend students' swimming and survival skills that can not only save lives, but provide a foundation for participation in a range of aquatic recreation, fitness and sporting activities.

To utilise the swimming pool within the school's Health and Physical Education Program.

### **PROGRAM GUIDELINES**

The instructor in charge of conducting the swimming lessons must have current Aust-Swim and Cardio-Pulmonary Resuscitation (CPR) accreditation.

Persons assisting during class swimming lessons are encouraged to have CPR and Aust-Swim qualifications.

The program will be structured to meet Department of Education and Training student-staff ratios. In accordance with DET regulations, a minimum of two adults (one of whom must be a teacher and/or qualified adult Aust-Swim instructor) to be present at all class swimming lessons.

Parents must inform the school if their child suffers from epilepsy, rheumatic fever, asthma, allergies and other relevant health issues.

Diving is not to be taught at the Murrumbeena Primary School pool, due to insufficient depth for safety.

The swimming program is subsidised through a levy, payable annually.

Royal Life Saving 'Swim & Survive' program is the basis of the Murrumbeena PS Aquatic Education activities.(Discovery / Awareness / Water Sense / Water Wise / Swim & Survive)

Activities will consist of a sequence of water familiarisation, exploration, water safety, survival, swimming skills and rescue experiences providing children with the knowledge and skills required for safe involvement in aquatic activities.

### **EVALUATION**

Informal assessment of children's participation, co-operation and attitude to be kept by the swimming coordinator. Attendance, formal assessment and student progress in the form of a Royal Life Saving 'Swim & Survive' checklist to be maintained by swimming tutors.

A certificate indicating Royal Life Saving – 'Swim and Survive' assessment will be issued to children who attend the Year 6 intensive swimming program.

## **APPENDIX 2- Bentleigh District Safety Regulations**

### **Safety**

Murrumbeena Primary School complies with the Bentleigh District safety regulations.

The Bentleigh District website provide rules and regulations for inter-school sporting activities, including zero tolerance policy and rules for all sports. Refer to website for further information:  
[http://websites.sportstg.com/assoc\\_page.cgi?client=1-4215-0-0-0](http://websites.sportstg.com/assoc_page.cgi?client=1-4215-0-0-0)

- Padding is on all 4 basketball rings and signs for no swinging on ring
- Padding is on all 8 football posts.
- For inter-school sport padding for AFL needs to be taken to every home game and finals
- Students are provided with safety instructions that they are expected to follow
- Equipment is regularly inspected and any broken equipment is repaired or discarded
- Records of inspections, maintenance and repairs are kept at the school
- Teachers have the recommended qualifications and experience for specialist areas such as high jump or gymnastics
- Hazards and risks are identified and controlled following risk management processes
- Supervising teachers have first aid training- including all 5/6 teachers attending sport
- Rugby- the school provides parents/guardians with information on potential risks of the activity- full tackle sport. Mouth guards must be worn for this sport. A subjective assessment of all players needs to occur to determine if they have the physique to play in any position and more particularly where scrums are part of the game. If there is any doubt concerning the appropriateness of students' physiques, a player must not be permitted to play.
- Inter-school sport for small groups- There should be a teacher in charge OR parents/guardians must be in charge of their own child or make arrangements that have been informed by the school.

## Safety equipment

Baseball, softball and cricket

When a hard ball is used, male students should wear a genital protector (box). Additionally, for all students:

- catchers should wear:
  - a body protector
  - shin protectors
  - face mask
  - throat protector
- batters should:
  - wear a double eared helmet when a hard ball is used
  - remain on when the batter is running between bases.
- wicket keepers should:
  - wear a helmet and face mask when a hard ball is used.

## High jump

- High jumping should only be permitted where teachers or instructors are experienced in high jump instruction or have appropriate qualifications.
- **Use:**
  - foam practice-bars or round fibreglass bars
  - block mats. As the mat thickness required will depend on the weight of the jumper, the height being attempted and the surface the landing mat is on, manufacturers should be consulted about the relevant specifications
  - gym mats to surround block mats.
- Do **not** use triangular aluminium bars.

The following describes specific precautionary safety measures for gymnastics.

### **Preparation**

Match gymnastic activities to the students' age and ability. All activities require adequate preparation and instruction to ensure students are physically ready to perform skills including:

- appropriate lead up
- prerequisite developmental skill progressions and drills

### **Recommended activities**

Gymnastics Victoria advises that for schools the following activities are:

#### **Recommended**

- acrobatics
- basic tumbling
- hand apparatus
- circuits—fitness and skill development
- group performances
- non-inverted vaulting activities
- aerobics.

#### **Not Recommended**

- bridges
- headstands
- hock swings
- neck rotations
- sideways landings from a height
- excessive deep knee bends
- wheelbarrows
- inverted spring activities
- excessive weight-bearing on wrists.

#### **All gymnastic equipment and apparatus used:**

- must be suitable for the requirements of the activity and the age and ability of the students
- must be safely set up and prepared appropriately for the activity for which it is being used
- should include:
  - safe matting around all equipment at all times
  - crash mats (where the program activities require them) and floor mats to the side and behind the crash mat area
  - a suitable cover over the springs of a mini-trampoline.

### **Trampolines**

#### **Trampoline sports must only be allowed:**

- under the strict supervision of:
  - teachers and other approved adults, both of whom have completed an accredited coaches' course approved by Gymnastics Australia
  - at least four trained spotters' guarding each side of the trampoline.

#### **Supervisors of trampoline sports must:**

- check the trampoline before each use for safety (such as springs, bed, frame and frame pads) and ensure a minimum ceiling height of 5m with at least 2.5m clear of walls on all sides
- never allow students or any equipment under the trampoline
- check that students are wearing appropriate clothing including socks/gym shoes for safety and hygiene
- only permit students to climb, never jump onto and down, from the trampoline.
- teach and use safety measures including:
  - the appropriate progression of learning skills

- the risks of performing for long periods or at excessive heights
- the importance of having only one performer on the trampoline at any one time.

### **Mini Trampolines**

Mini-trampoline should have a suitable cover over the springs so that the springs are not exposed.

Schools may take students on excursions to gymnasiums with specialist instructors who have the technical knowledge and skills to instruct the students.

However the teachers still has the overall responsibility for the safety and welfare of the students.