



# CURRAMBINE PRIMARY SCHOOL

TOGETHER TOWARDS TOMORROW

## PHYSICAL EDUCATION POLICY: 2023

### **General :**

Physical Education comes under the learning area of Health and Physical Education. Department of Education guidelines for physical activity states students need to be physically active for a minimum of **120 minutes per week**.

At Currambine Primary School this requirement is met. All students in pre- primary to year 6 are involved in one 60 minute Physical Education lesson per week. In addition to this, pre-primary classes participate in 4 x 15 minute or 3 x 20 minute sessions in a daily fitness program. Students from years 1 + 2 participate in a junior sport block, years 3 + 4 participate in a middle sport block and years 5 + 6 participate in a senior sport block of a 60 minute duration per week.

The focus for Physical Education lessons in pre-primary to year 2 is on Fundamental Movement Skills (FMS) in isolation progressing to application in small sided, moderated games. The focus for Year 3 to Year 6 is on individual fundamental movement skills in isolation, as well as in game application, offensive and defensive game strategies and tactics across a wide range of sports and sport management (umpiring, scoring etc) in the senior year levels.

### **Pre Primary Daily Fitness Program:**

The Daily Fitness program for Term 1 looks at getting students ready for the Athletics Carnival, held in Week 7. During the remainder of the year, the program looks at intentional teaching of the eight FMS on entry screen skills, these are assessed during the FMS kindy screen.

### **Junior, Middle and Senior Sport Blocks:**

Athletics is the focus for Term 1, with the remainder of the year focussing on fundamental movement skills and sport skills with game application in faction teams. League ladders are completed to display results of each term during terms 2 – 4 for the middle and senior year levels. Winning teams are recognised, although the emphasis is on skill development and team work, while having fun. Interschool training for interschool events will take place during these sessions at certain times throughout the year. In these instances, Physical Education Specialists or teacher volunteers will take on a coaching role and train your child for each upcoming event.

### **Fundamental Movement Screen: Kindy:**

This is an assessment tool that has been designed by Currambine Primary School to ensure our younger students progress through eight fundamental movement skills, in a developmental and appropriate manner. Students are assessed early term 1, across a range of eight essential Fundamental Movement skills. The screen identifies which teaching points of each skill are demonstrated and which are not. In the case of a skill/teaching point not demonstrated, a program is devised to teach this skill using intentional teaching, either at an individual or whole class level. Students are re-assessed during Term 4 to monitor their individual progress. Certificates of achievement are given to the students at the end of semester one and two, in the case where all eight fundamental skills were not fully achieved in semester one.

### **SAQ Testing (years 3-6)**

A 20m sprint and an Illinois agility test is conducted during early term 1 and term 4. This data is compared for individual performance indicators and a certificate is given to year 3-6 students with their end of year report, with performance levels indicated.

### **Whole School Speed, Agility and Quickness Training (SAQ):**

Research shows that a systematic preparation to produce fast motion, particularly in team sports in all directions is essential in physical activity.

Students at Currambine have the opportunity during warm ups throughout the year to participate with parachutes, agility poles, hurdles, speed hoops, reaction balls and agility ladders. The focus is on improving length of stride, encouraging running on the balls of the feet and promoting directional change movement.

### **Whole School Lapathon:**

This is conducted over three courses of age-appropriate distances with an emphasis on FUN.

### **Coaching Clinics:**

We will continue our affiliation with a number of local sporting clubs including West Perth Football Club, Whitfords Hockey Club, Golf WA, Wanneroo Wolves Basketball Club, WA Modcrosse Association, WA Netball, Cricket WA, Netball WA, Rugby WA, Joondalup HBF Arena, Football West, Volleyball WA, LAPS program.

### **School Ambassador Program:**

Due to our success in being an ambassador school in golf, AFL, netball and cricket, we will continue our affiliation and delivery of these codes.

### **Assessment:**

Students from years 1 to 6 will receive two formal **reports** at the end of each semester. In the learning area of Physical Education students will be assessed in Skills for Physical Activity and Effort. Pre-primary students will receive a FMS certificate and students from Year 3-6 will receive a SAQ certificate with each report. If you have any concerns regarding your child's progress a meeting time can be made through the front office.

### **Physical Education Calendar:**

#### **Term 1:**

Swimming lessons at Mullaloo Beach (Years 5 and 6).

Faction Jumps and Throws (field events) carnival (Years 3-6).

Faction Athletics Carnival (Years PP-6).

Interschool Jumps and Throws (field events) carnival (Years 3-6: selected students).

Interschool Athletics Carnival (Years 1-6 selected students).

#### **Term 2:**

Faction Cross Country (Years 3-6).

Interschool Winter Lightning Carnival (Years 5 & 6).

PP-4 Swimming

RAC incursion (PP-6)

#### **Term 3:**

Interschool Cross Country (Year 3-6).

School Lapathon (Years PP-6).

#### **Term 4:**

First Aid Focus-St John Ambulance (PP-6).

### **Participation:**

For your child to participate in Physical Education and sport block sessions, it is essential that they are wearing appropriate clothing. In particular, **footwear** should be trainers, to avoid injury.

Students must wear **hats** at all times, in accordance with our 'Sun Smart' policy. It is highly recommended that students have a **drink bottle** for all physical activities to avoid dehydration.

During summer terms, terms 1 and 4, students need to apply **sunscreen** before school. All students should wear their **faction t-shirts on their sport block day**. Years 1 & 2 students are expected to wear their faction t-shirts on Fridays, their junior sport block day, years 3 & 4 students on Fridays, their middle sport block day and years 5 & 6 students on Fridays, their senior sport block day. Students need a note to be excluded from lessons where **injury or illness** occurs. It would be appreciated if notes were specific in the nature of the injury or illness, and addressed to the physical education specialist, as in some instances some aspects of the lesson can be enjoyed by the students. An **'inactive participation' form** will be completed by your child if they have no note or hat. In this instance, the form will be sent home for a parent signature.

### **Physical Education Specialist Staff:**

Jane Falco (Monday, Tuesday, Thursday and Friday)

Ashleigh Smith (Wednesday, Thursday and Friday)