

# Health and Physical Education

The Health and Physical Education Program promotes lifelong participation in physical activity through the development of attitudes, skills and movement competencies. The program helps young people learn about factors, including nutrition, that promote and protect the physical, social and emotional wellbeing of individuals, with the skills to identify harms associated with particular situations and behaviours, and actions that can be taken to minimise these harms.

## AIMS

Health and Physical Education aims to develop in students:

- an understanding that health has physical, social and emotional dimensions
- an understanding of the factors that impact directly and indirectly on the health and safety of individuals, families, groups and communities
- knowledge and skills to plan, implement and evaluate actions to promote wellbeing and safety
- an understanding of the physical, social and emotional development across the human lifespan to promote wellbeing
- an understanding of how relationships develop and change, and the knowledge and skills to promote positive relationships
- experience as a participant in play, games, dance, gymnastics, aquatics, sport, outdoor and recreational activities
- An understanding of the importance in supporting the school's SunSmart Policy
- an understanding of how food provides nutrients for energy and growth, playing a significant role in people's social lives, and the importance of selecting food to promote health and growth.

Sports covered within the school:

Athletics, Bat tennis, Basketball, Cricket, Cross Country, Football, Handball, Hockey, Kickball, Lacrosse, Netball, Rounders, Skipping, Softball, Swimming, T-ball, Tennis, Ultimate frisbee and Volleyball.

