

Physical Education Guidelines

Purpose

Physical education is an integral part of the school curriculum. This policy provides guidelines to assist schools in developing a physical education program.

Responsibility

The Head Teacher is responsible for ensuring that the school's timetable is balanced and includes time allocated to physical education.

Each teacher is responsible for ensuring that physical education is a routine part of their curriculum.

Policy

Physical education is an integral part of the school curriculum.

Physical education classes in each Year are compulsory and, in addition, schools are expected to have a period of Sports each week.

There should be one hour of physical education lessons for each class per week plus one hour of sports for the whole school or each level of school.

Procedure

Physical Education

Each class is expected to include in its weekly timetable one hour of physical education. This may be divided for Years 1 to 3 into three periods of 20 minutes and for Years 4 to 6 into two periods of 30 minutes). Teachers should use the Teachers Guide for Physical Education published by the Curriculum Development Unit to plan their programme.

Sport

In addition to physical education, all schools should provide opportunities for sport, both within the school and with other schools or the community. Many schools choose to devote one hour one afternoon a week to sport for the whole school together, to provide large enough numbers for team sports. Sports competitions are often organised between schools in the same area.

The Head Teacher shall meet once per term with the teachers and plan the school's sports activities, which might include:

- Team sports such as football, volleyball and basketball;
- Other sports suitable for primary school children such as mini-tennis;
- Athletics - running, jumping and throwing;
- Dance or gymnastics;
- Swimming;

The role of sports in encouraging good health should always be remembered.

Other opportunities for sports activities

Sometimes provincial sports officers or representatives of the federations or leagues of the various sports are willing to offer specialised coaching or other activities to primary school children. While many children can benefit from these opportunities, it is important to ensure time is not taken away from other subjects in the curriculum to find room for them. Sports representatives should be encouraged to run coaching or activity sessions after school hours or on Saturday mornings.

References

Refer to the publication "Pikinini i plei plei", from CDU.