



Brahma Lodge Primary School

PHYSICAL EDUCATION PROGRAM AND R-7 AGREEMENT

February 2017

SECTION 1 – PHYSICAL EDUCATION PROGRAM

BELIEF STATEMENT

At Brahma Lodge Primary School we put wellbeing at the forefront of learning. We believe that improving the overall health and fitness of our students supports this notion as it encourages students to develop the skills and knowledge needed to enhance their sense of self, as well as building respectful relationships.

In Physical Education, our focus is to provide all students with valuable and engaging learning experiences associated with movement, and enable them to understand and benefit from the short and long term effects of physical activity. We do this by delivering a safe, comprehensive and progressive program through quality, research-based instruction. The PE program supports the 'Play Practice' approach to teaching sport, where theory is combined with practical and reflective work to promote game sense and motivation.

We believe that success in a student's school life is fostered by quality participation in Physical Education lessons. This learning area not only allows students to attain the knowledge and motor skills needed to pursue healthy and active lifestyles, but it also seeks to improve self-confidence, teamwork, independence, social skills and growth mindset.

At Brahma Lodge Primary School we see great value in providing our students with opportunities outside of the regular Physical Education program. We strongly support events and competitions such as SAPSASA, Sporting Schools, the Premier's Be Active Challenge and Physical Education Week. In addition to this, students are involved with either swimming or aquatic activities each year. These extra-curricular learning experiences are offered to all students, as everyone, regardless of their ability, deserves the opportunity to develop a sense of personal achievement and satisfaction from sport.

AT BRAHMA LODGE PRIMARY SCHOOL WE:

- Demonstrate our three school values (Responsibility, Respect and Relationships) during Physical Education lessons and SAPSASA carnivals
- Acknowledge and respond to feedback to develop our skills/techniques in a variety of different sports and activities
- Are committed to achieving both individual and team goals
- Display fair play and good sportsmanship towards others
- Are valuable team members as we encourage, include and support each other
- Always strive to do our personal best because "effort matters" to us
- Embrace challenge and have a growth mindset towards all sports and activities
- Have fun throughout Physical Education learning.

SECTION 2 – PHYSICAL EDUCATION R-7 AGREEMENT

CONDUCT OF PE LESSONS

1. Notes/Illness

- All students are required to participate in lessons unless they have written advice from their parents/caregivers requesting their non-involvement due to illness, injury, or other valid medical reasons.
- Notes should be presented to Miss Rowe at the beginning of the lesson.
- The student will accompany their class unless physically unable to do so.

2. Uniform

- Blue or white t-shirt
- Navy shorts or pants
- Enclosed shoes
- Hat (Term 1 & 4 only)

3. Extreme Weather Conditions

- Physical Education classes will continue with due consideration of weather conditions by Miss Rowe. In the event of extremely hot or wet conditions, the hall will be used to undertake appropriate and relevant activities.
- During hot weather, if the Bureau of Meteorology (BOM) temperature at the start of the lesson is 32 degrees or above, the outdoor lesson will be moved in to the hall.

4. Use of Equipment

- Students may not enter the sports shed unless:
 - They are under direct supervision of Miss Rowe
 - They have been specifically instructed to do so by their teachers
- Equipment may be borrowed at any time with agreement from Miss Rowe.

5. Accident/Injury

- Minor injuries may be treated by the School First Aid Officer as necessary. Miss Rowe will make an informed decision and deal with the incident accordingly.
- Sensible precautions must be taken at all times in every lesson to ensure safe participation of all students.
- An Accident/Injury Form will be completed and submitted by Miss Rowe within 24 hours of the incident.

SALISBURY EAST DISTRICT SAPSASA

GOAL:

- To actively encourage senior students at Brahma Lodge Primary School to participate in sporting carnivals against other schools in the Salisbury East District.
- To provide students with a wide exposure of sporting activities to encourage them to join community sporting teams and/or recreational pursuits.

SPECIFIC OBJECTIVES:

- To further develop the skills learned during physical education lessons.
- To promote a desire to 'win' but not at the expense of fun, sportsmanship and working as a team.
- To develop appropriate sports participation and a positive attitude towards physical activity.
- To foster school identity through sporting competitions.
- To encourage students to have pride, confidence, endeavour and community awareness.

1. Selection

- Students will be required to attend an internal trial in order to be selected for a SAPSASA team.
- Students who are sent to the office during a Physical Education lesson, due to unsatisfactory behaviour, will not be considered for any SAPSASA competitions during that term.

2. Uniform

- Students will be given a SAPSASA top to wear during competitions; Miss Rowe will record their number at the start of the day, and collect them before they go home at the end of the day.
- Students are required to wear shorts and running shoes to every SAPSASA event. They will also need to bring a drink bottle and hat, and tie their hair back if necessary. Spending money will be allowed at most SAPSASA competitions, but not all.

SECTION 3 – PROGRAM OVERVIEW

	OSU1, OSU3, OSU4 & Room 4	ROOM 2 & 13	ROOM 10, 11 & 12	ROOM 5 & 6
Term One	Week 1 & 2	Week 1 & 2	Week 1 & 2	Week 1 & 2
	Program Introduction	Program Introduction	Program Introduction	Program Introduction
	Week 3 – 7	Week 3 – 7	Week 3 – 7	Week 3 – 7
	Ball Skills	Basketball	Basketball	Netball (SAPSASA)
	Week 8 – 11	Week 8 – 11	Week 8 – 11	Week 8 – 11
	Skipping	Skipping	Tennis	Tennis
Term Two	Week 1 – 5	Week 1 – 5	Week 1 – 5	Week 1 – 5
	Kicking	Soccer	Soccer	Soccer (SAPSASA)
	Week 6 – 8	Week 6 – 8	Week 6 – 8	Week 6 – 8
	Gymnastics	Gymnastics	Sofcrosse	Korfball (SAPSASA)
	Week 9 – 10	Week 9 – 10	Week 9 – 2	Week 9 – 2
	Dance	Dance	Australian Rules Football	Australian Rules Football (‘Top Dogs’ Program)
Term Three	Week 1 - 4	Week 1 - 4	Week 2 - 4	Week 2 - 5
	Target Games	Handball	Handball	Table Tennis
	Week 5 – 7	Week 5 – 8	Week 5 – 8	Week 6 – 8
	Hoops	Mini Golf	Touch Football	Tag Rugby (SAPSASA)
	Week 8 – 10	Week 9 – 2	Week 9 – 2	Week 9 – 2
	Net Divided	Polo Hockey	Volleyball (Beach Volleyball)	Volleyball (Beach Volleyball)
Term Four	Week 1 – 5	Week 3 – 5	Week 3 – 5	Week 3 – 5
	Locomotor (Sports Day)	Athletics (Sports Day)	Athletics (Sports Day)	Athletics (Sports Day)
	Week 6 – 8	Week 6 – 8	Week 6 – 8	Week 6 – 8
	Striking	T-Ball	Cricket	T-Ball/Softball
	Week 9 - 10	Week 9 – 10	Week 9 – 10	Week 9 – 10
	Parachute	Program Overview	Program Overview	Program Overview

**Please note that the whole school will participate in a *Fitness Program* in Term One, *Jump Rope for Heart* in Term Two, the *Premiers Be Active Challenge* in Term Three and *Sports Day* in Term Four.