



Como Primary School Physical Education Policy 2017

Pre-Primary to Year Two

My specialist Physical Education program is timetabled on Monday and Tuesday. On Monday I coordinate and teach the Perceptual Motor Program to the Pre-Primary and Year 1 students. Each Tuesday I am responsible for teaching Physical Education skills to Year 1 and 2 students.

Physical Education “provides the basis for developing knowledge, understanding and skills for students to lead healthy, safe and active lives. Students focus on becoming aware of their strengths and the simple actions they can take to keep safe and healthy. Students are encouraged to explore a range of environments through active play and structured movement activities. They focus on the introduction and development of basic fundamental movement skills across a range of settings to improve their competence and confidence in their movement abilities. They are provided with opportunities to work collaboratively, follow rules and problem solve through games and physical activities. The Health and Physical Education curriculum provides opportunities for students to develop, enhance and exhibit attitudes and values that promote a healthy lifestyle.”

(SCSA Western Australian Curriculum K – 10 syllabus)

The SCASA W.A. Curriculum for physical activity and movement incorporates three main areas:

- Moving our body
- Understanding Movement
- Learning through movement

My aim is to integrate content from these three areas to promote a holistic approach to learn about health and physical education. I will provide children with opportunities to enjoy physical activity and develop relevant skills as well as enhance lifelong attitudes to health and fitness.

Teaching Physical Education in the early years is about developing coordination, control, strength, manipulation and gross and fine motor skills. I would like to support the children to succeed and develop at their own pace to develop their confidence, which will impact positively on their social and emotional development. By developing sound fundamental movement skills, this will enable children to engage successfully in play and more structured games and sports as they move through life. In implementing this physical education program I would like to maximise participation, enjoyment and skill learning

The focus areas that I will address include

- Fundamental movement skills
- Body Management skills
- Locomotor skills
- Object control skills
- Balance
- Cooperation
- Rules

I will support children's physical development by

- Modelling and talking about positive physical and health behaviours
- Introduce and use the language of movement
- Modelling and explicitly teaching locomotion skills, (running, hopping, jumping, skipping etc) object control, (catching, throwing, kicking, striking etc) body management, (balancing, strength and climbing).
- Encouraging children to use a range of equipment

The Perceptual Motor Program will introduce all the perceptual motor skills that are fundamental to moving efficiently. I teach fundamental movement, basic skills of eye-hand and eye-foot coordination, balance, locomotion and fitness, using a variety of common and specifically designed equipment. The program also involves a strong musical component with aerobic and dance routines and rhythm sticks, ribbons and scarves.

PMP is a real community based program as parents are vital to its success. Each week at least 6 parents volunteer to come to the equipment sessions to help the children as they move through the 6 stations that are set up. I set up these stations with the help of Year 5 and 6 PMP leaders. This is a great opportunity for the senior students to demonstrate responsibility, reliability and teamwork. These stations are sequential in design getting progressively more complex and challenging as the year progresses.

My aim in this program is to help the children learn physical independence and gain a lot of satisfaction in being able to do things for themselves. Physical well being contributes to children's ability to concentrate, cooperate and learn.

In delivering the program I will encourage maximum participation and enjoyment. Como Primary School rules will apply and MSB procedures will be followed where necessary. I look forward to a fun, enjoyable year with each child, full of movement experiences to promote their health and wellbeing.

Nicole Cartwright-Worrall
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