



Como Primary School

Physical Education Policy

2018

Sport is a very important part of Australian society, culture and education. It keeps us healthy, aids us in social interactions, provides us with lifelong skills and (most importantly) is fun to do with others!

Physical Education Lessons

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)

Physical Education at Como Primary School promotes happy and healthy physical learning through explicit teaching of concepts and skills contained in the three main areas of the SCSA WA Curriculum:

- Moving our Body
- Understanding Movement
- Learning through Movement

Children receive an hour of specialist Physical Education teaching per week. During these lessons, the three areas listed above are combined to provide a holistic approach to learn about Health and Physical Education. In the early years, Fundamental Movement Skills (including coordination, balance and motor skills) are explicitly taught, practised and reviewed in order to give students the physical skills they will need during their learning journey. As they get older, specific sports, games and scenarios are taught to provide students with an ever-expanding repertoire of skills, tactics, strategies and teamwork. Student achievement in this learning area is reported according to the SCSA curriculum achievement standards.

Sportsmanship and positive social interaction are strongly encouraged, with Como Primary School values regularly incorporated into teaching content. The school’s motto – ‘Only Our Best’ – is applied in a safe, supportive learning environment where students can develop their physical skills, interact with their classmates and above all have fun!

Behaviour

During Physical Education lessons and these sporting events, students are expected to display behaviour and conduct befitting of the values and ethos of Como Primary School in order:

- To develop a safe and positive environment so that the teachers and students can work together in harmony and be encouraged in every area and way possible.
- Develop their ability to recognise and accept one's uniqueness.
- Encourage individuality.
- To develop a sensitivity to other people.
- To nurture a sense of humour.
- To develop self-reflection and goal setting abilities.
- To develop and encourage the qualities of respect, honesty and thoughtfulness, cooperation and fairness.
- To promote the school motto - 'Only Our Best' - and a desire for excellence in ALL areas of their education.
- To encourage collaborative, co-operative learning.
- To stir curiosity and become creative thinkers.

Parents wishing to know more about the school's Behaviour Management system should refer to the Parent Handbook.

Perceptual Motor Program (PP-Year 1)

The Perceptual Motor Program (PMP) runs every Monday and is targeted at students at the Pre-Primary and Year One levels. The program introduces students to the Fundamental Movement Skills that are essential to moving efficiently. Students are explicitly taught both the skills themselves and the language that goes with them, developing their understanding of their bodies, the space around them and social interactions through sport. They learn a variety of skills including (but not limited to):

- Fundamental Movement Skills
- Body Management Skills
- Locomotor Skills
- Coordination
- Object Control
- Balance
- Support
- Teamwork/Cooperation
- Rule Comprehension

Each of these aspects are modelled and discussed explicitly with students and are practised using a range of specially-designed equipment, props and tools to aid their understanding. There is also a musical component to PMP lessons, with students able to learn rhythm and timing through the use of music and basic instruments such as rhythm sticks.

There is a strong community component to the PMP program. Parents are vital to its success as half a dozen parent volunteers assist in running circuits and training each Monday – aiding the students during their exercise, helping them comprehend the various rules and skills and moving

them from station to station. Upper schools students are also given opportunities by aiding in the setup and management of the equipment each week, highlighting Como's emphasis on responsibility, reliability and teamwork.

The PMP program is run with the physical and social wellbeing of each student in mind. Maximum participation and enjoyment is encouraged. Students will not only learn necessary skills, but will have fun while doing it!

School Sporting Events & Carnivals

Como Primary School undertakes many different sporting events during the school year, both within the school and on an interschool basis. The four Houses (Canning, Stirling, Challenger and Forrest) compete throughout the term to earn house points in multiple areas, including senior sport, carnivals and general behaviour. Inter-house carnivals are run throughout the year in the disciplines of Swimming, Cross Country and Athletics. These carnivals place a strong emphasis on participation, competitiveness and sportsmanship where students are able to have fun and showcase their sporting skills.

Many interschool sporting events also occur during the school year. Como Primary School is part of the South Metropolitan Perth Schools Sports Association (SMPSSA) which organises and runs interschool carnivals in the areas of:

- Swimming
- Cricket
- Cross Country
- AFL
- Netball
- Soccer
- Athletics
- Basketball
- Volleyball

Students selected for these carnivals will be able to compete against other students in an interschool setting, representing Como Primary School and its values.

Other sporting events run during the school year, often tying into other learning areas and fundraising opportunities. Lunchtime sporting events and weekly senior school sport are regular occurrences, as well as lunchtime sporting resources being supplied to students via Como Primary School's House Captains.

Physical Education at Como Primary School promises to be an engaging, rewarding experience in which students not only learn how to 'play sports', but will also master skills that will help them in other learning areas in everyday life. I look forward to providing the students of Como with a fun, challenging and supportive sporting environment where each child can participate and enjoy themselves.

Steve Pascoe
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Como Primary School

