PURPOSE:

This handbook has been designed to clarify any issues which may arise in our Physical Education Program at Milgate Primary School. If you still have any further questions in regard to the process or procedures in place at Milgate Primary School, please contact James Will (PE/Outdoor Learning Coordinator)

RATIONALE:

At Milgate Primary School it is believed that students should have the opportunity to develop a range of fundamental motor and movement skills that form the basis of leisure, sporting and recreational activities. Students ought to be able to benefit from gaining an understanding of the importance of personal and community actions to aid their physical, social and emotional health and promote health and life-long participation in physical activity. At MPS students should develop the concept of harm minimisation and resilience, incorporating an awareness of rights and responsibilities.

AIMS OF THE PROGRAM:

- To develop a range of health related fitness skills and the knowledge about the type and frequency of activity required to promote health related benefits.
- To provide students with the opportunity to participate in a range of major and minor games and sports.
- To assist students to evaluate risk and protective behaviours, compare different views, and assess options so they are informed in making decisions about their own lives and when collaborating with others.
- Level 3 students’ to develop knowledge of bike riding and road safety through a comprehensive Bike Ed program. To encourage all students to regularly undertake the use of active transport as a mode of getting to and from school. (walking, riding, etc)
- To promote strategies for forming effective relationships and ways of managing transitions, dealing with changing demands and growing awareness of rights and responsibilities.
- To develop interpersonal skills in both Health and Physical Education and an awareness of the importance of effective communication skills ie listening, speaking, negotiating, being assertive, questioning, justifying a position and presenting ideas.
- To develop knowledge of relevant and accurate facts about drugs, harm minimisation and resilience.

CODE OF BEHAVIOUR FOR STUDENTS:

- At Milgate PS all students are encouraged to show a friendly competitive spirit when competing in sporting activities.
- All students are encouraged to cheer and support successful performances by their teams and the opposition.
- Be a good sport
- Play for enjoyment
- Work hard for your team as well as yourself.
- Treat all teammates and opponents as you enjoy being treated yourself.
- Play by the rules.
- Control your behaviour on and off the field.
• Students are not to show any sort of negative behaviour towards either teams' coaches, their own team or the opposition. If any Milgate PS student displays this behaviour then it needs to be reported to the PE Coordinator and the appropriate action will be taken.
• All students are expected to wear their Milgate Uniform or the appropriate sports uniform for the sport they are playing. (Eg: cricket whites, football jumpers (school supplied), football boots, football shorts, football socks, mouth guards, soccer tops (school supplied), netball bibs (school supplied) & skirts)

IMPLEMENTATION:

1.1 The Health and Physical Education program is aligned with VELS.

1.2 The school will maintain compliance with the DET Physical and Sport Education in Schools policy for PE and Sport provision.

1.3 A platoon system in which classroom teachers share responsibilities for planning and teaching will operate for delivery of a sport program.

1.4 The program will be sequential and develop a broad base of motor and health related fitness skills and knowledge, to prepare students for a wide range of sporting activities.

1.5 Program activities will cater for individual differences.

1.6 Program activities will be drawn from a range of resources including: Fundamental Motor Skills Manual, Sport It Guides, Outsourced suppliers and ACHPER.

1.7 Resources and materials will be shared and stored in a manner that makes them accessible to all relevant staff.

1.8 A sequential sports program will involve students in Years 3-6 in minor and major games and sports. These students will also be involved in House Swimming, Cross Country and Athletics.

1.9 There will also be opportunities for students to represent MPS at a District level and beyond in a wide variety of sports. These teams will be open to all eligible students and the team selection process will involved students participating in trials for the various sports. The individual or team which will represent Milgate at these events will consist of the most suitable students as chosen after the trial process has been completed. These trials will vary according to the particular sport,

- **District Swimming Team** ~ trials open to all students in Yr’s 4 – 6, all events are timed and the fastest swimmers selected to represent Milgate PS. Students can compete in a maximum of 2 individual events + a relay

- **District Tennis Team** ~ 2 Boys (both play singles) & 2 Girls (both play singles) ~ trials open to all students in Yr’s 4 – 6 who play regular competition tennis, tournaments or have had coaching. The students will play a round robin format of games, with a sudden death deuce. The 2 boys & 2 girls who end up with the most points at the end of the round robin will represent Milgate as the singles players. Once the team has been selected there will be an expectation that the students involved attend some training sessions. (details will be handed to the students involved)

- **District Cross Country Team** ~ this team is open to all students Yr’s 3 – 6. The team will be selected from the timed results taken during the House Cross Country competition. The fastest 10 boys and girls in the 9/10 year old age group, 11 year old age group & 12 year old age group will represent Milgate PS at the District Cross Country Competition. The students who place in the top 10 at the Templestowe District Cross Country will then proceed through to the Eastern Yarra Zone
Cross Country Competition. These students are generally expected to attend some training sessions prior to this event. (details will be handed to the students involved)

- **District Athletics Team** ~ this team is open to all students Yr’s 3 – 6. The team will be selected from the timed and recorded results taken during the House Athletics Competition. Students can compete in a maximum of 2 individual events + a circular relay. There will be Aths training for the Milgate PS Athletics team which will be held either before or after school. (details will be handed to the students involved)

- **District Basketball, Netball, Tee ball and Volleyball Teams** ~ these teams are open to all Yr 5 & 6 students. Trials will be run for these teams at the discretion of the PE Coordinator and the most suitable students will be selected.

- **Hoopetime Basketball Teams** ~ these teams will be open to all Yr 3 – 6 students. The students will sign up to come to the trials. Trials will be run and the most suitable students will be selected to represent Milgate PS.

- **District Sports Trials** (football, soccer, basketball & netball): these trials are open to all Yr 5 & 6 students and will be run by the Templestowe District. These will be held at the beginning of Term 2 each year. Students will be nominated at the discretion of the PE Coordinator.

- **State Team Selection** (hockey, rugby & cricket): these team selections are open to all eligible students and nominations will be at the discretion of the PE Coordinator or input for local clubs that these students represent.

1.10 The Year 5 & 6 students will play Interschool or Intraschool Sport during terms 1 & 2, with the Yr 6 students being given preference in the Interschool Sport Teams during both terms. Training sessions will be run for various teams; this will be at the discretion of the coaches of each team. Under extreme circumstances these teams will be open to Yr 4 students. (eg: lack of numbers in Yr 5 & 6, outstanding sporting ability)

1.11 A yearly planner is available to parents, this outlines all the sporting events and outdoor education programs running at Milgate PS (see appendix 1)

1.12 Outside expertise and assistance will be sought as needed to support the program.

1.13 Student progress in fitness and skill will be assessed for each year level, and reported to parents

1.14 Play equipment that encourages physical activity is made available to all students at lunchtimes and recess.

1.15 A whole-of-school event to promote walking and riding will be held at least once per term (eg walk-to-school day)

1.16 Families are informed of the health and physical education policy and are provided with information on physical activity through displays, newsletter articles and other promotional material.

Produced by: James Will ~ PE/Outdoor Learning Coordinator