

# Physical Education at Ellen Stirling Primary School



The Ellen Stirling Primary School Community values participation, striving for a Personal Best and Sportsmanship.

## Physical Education Curriculum

Ellen Stirling Primary School has an active and varied Physical Education Program. The program aims to foster;

- Personal, Social and Community Health
- Movement and Physical Activity

in line with the Australian Curriculum.

We value maximum student participation and encourage students to strive to achieve their personal best. At Ellen Stirling we pride ourselves in being able to offer a number of different sports in a safe, fun and supportive environment.



## Sport Programs at Ellen Stirling

Each year, during Physical Education lessons we offer a wide range of programs that target specific gross motor development and game-related skills, appropriate to the age of the students.

Each term we focus on a specific skill set and utilise games and activities to develop student proficiency and confidence.

Sports covered in the class programs include;

In-Term Swimming	Basketball	Tennis	Lacrosse	Volleyball	Gymnastics
Rugby	Hockey	Cricket	Soccer	Golf	Volleyball
AFL	Netball	Teeball	Athletics	Badminton	Table Tennis

## Sport Association Programs

We have developed effective links with a number of Sporting Associations who provide both in school lesson support and a series of youth development programs held at Ellen Stirling Primary after school.

The sports offered depend on staff availability and the current school-based program.

We have the opportunity to work at school alongside representatives from various organisations, including but not limited to;

- Rugby WA
- SEDA – Netball, Soccer, AFL
- Little Athletics
- The Vines Tennis Academy
- Ellenbrook Falcons Hockey Club
- WACA Development Team
- Jump Jam
- Lacrosse WA
- Gymnastics WA



Ellen Stirling Primary also offers access to a range of sport and healthy lifestyle initiatives during the school year. We encourage our students and their families to be involved wherever appropriate.

We actively promote and support:

- Walk 2 School Day
- Ride to School Day
- Walk Safely to School Day
- ESPS Fitness Club
- ESPS Running Club



## Physical Education Participation Policy

We expect that all students will actively participate, to the best of their ability, in all Physical Education lessons. If there is any lesson your child is unable to participate in, or if there is an ongoing medical condition or injury, a note or email needs to be provided by the student's parent/guardian providing a reason for exemption.

Classroom Management Policy

During Physical Education we expect that the students demonstrate

- Mutual Respect
- Active Listening
- Following Instructions

If students do not meet class expectations, consequences will be in line with the ESPS Behaviour Management Policy. Students who behave inappropriately will go through the following process:

1. Verbal reprimand/reminder
2. Name on the Chart
3. Check next to the students name
4. Time out in the class room
5. Sent to Admin – parents informed
6. Serious offence – sent directly to Admin. Parents informed.

## General Class Instructions

**1 whistle** - Stop, Look and Listen to the teacher for further instruction.

**2 whistles** - Stop what you are doing, pick up equipment and move over to sit in front of the teacher.



## Sunsmart Policy

Ellen Stirling Primary promotes and adheres to the Education Department Sun Protection Policy and Best Practice Guidelines.

- All students will wear a broad-brimmed, legionnaire or bucket hat when outside (If they don't have a suitable hat, one will be provided for use during Physical Education.)
- Positive role modelling of sun protection behaviour will be demonstrated by parents, school staff and volunteers on the school site and during off-site activities, such as excursions.
- The use of SPF 50+, broad spectrum, water resistant sunscreen is encouraged. Students are offered and encouraged to use sunscreen at the beginning of Physical Education activities.
- Programs on skin cancer prevention are included in the schools' Health Curriculum.
- Shaded areas are used whenever possible for outdoor activities.
- Ellen Stirling Primary regularly reviews its Sun Protection procedures and Hot Weather Policy.