

## Lesmurdie Senior High School Health & Physical Education Policy

Student achievement in Health and Physical Education is demonstrated through the following strands and criteria:

### SELF MANAGEMENT SKILLS

Organisation	Decision Making
<ul style="list-style-type: none"> <li>• Adheres to HPE policy</li> <li>• Uniform – consistently wears correct uniform with extra items</li> <li>• assist with equipment distribution &amp; care</li> <li>• uses initiative in all aspects</li> </ul>	<ul style="list-style-type: none"> <li>• responsible decision making skills</li> <li>• time management – organises own time effectively, does not waste others time</li> <li>• follows teachers instructions</li> <li>• goal setting – sets personal goals in sport, strives to meet these</li> <li>• works to the best of one’s ability</li> <li>• seeks feedback, responds to feedback</li> <li>• manages stress and maintains self-esteem, personal health/hygiene</li> <li>• maintain and foster positive relationships</li> <li>• make strategic decisions to enhance personal and team performance</li> <li>• respects rights of others and self – values &amp; attitude</li> </ul>

### INTERPERSONAL SKILLS

Leadership	Team Work	Sportsmanship
<ul style="list-style-type: none"> <li>• effective communication skills</li> <li>• effective negotiation skills</li> <li>• trustworthy and enthusiastic</li> <li>• tolerable and confident</li> <li>• accountable for team</li> <li>• exhibits integrity</li> <li>• knows sport/activity rules</li> </ul>	<ul style="list-style-type: none"> <li>• effective negotiation skills</li> <li>• cooperation/collaboration with staff and students</li> <li>• works productively</li> <li>• individual role within team/group</li> </ul>	<ul style="list-style-type: none"> <li>• plays fairly</li> <li>• abides by rules/respect umpires/coaches/captains</li> <li>• gracious and honourable</li> <li>• shows self-respect and respect to others</li> <li>• be humble – take success in stride, share credit</li> </ul>

### SKILLS FOR PHYSICAL ACTIVITY

Skills	Strategies
<ul style="list-style-type: none"> <li>• skill acquisition</li> <li>• technique (preparation, execution, follow through)</li> <li>• on the ball &amp; off the balls movements</li> </ul>	<ul style="list-style-type: none"> <li>• game play strategies and tactics of the sport</li> <li>• deny space, use of pace, control the pace</li> <li>• roles and positions within game</li> </ul>

### KNOWLEDGE AND UNDERSTANDING

Sport	Health
<ul style="list-style-type: none"> <li>• knowledge &amp; understanding of the sport rules</li> <li>• application of rules in umpiring</li> <li>• understanding of skill acquisition</li> </ul>	<ul style="list-style-type: none"> <li>• mental health</li> <li>• sexuality and relationships</li> <li>• health benefits of physical activity</li> <li>• food and nutrition</li> <li>• alcohol and other drugs</li> <li>• safety and well being</li> </ul>

When participating in the physical education and health education programs you are required to wear the appropriate school appointed PE Uniform for each lesson, be prepared to learn and participate to the best of your ability. Being prepared to learn consists of:

### **Uniform Policy**

- School supplied shorts
- Black track pants Term 2 & 3 ONLY (block colour only no coloured logo, piping etc)
- School supplied coloured house shirt or specialised basketball shirt (yr 9&10 program only)
- NO black leggings at any time
- Correct sport shoes must be worn and the laces must be tied (NO slip on's or skate shoes)
- Long hair tied up

### **Uniform Points System**

- You must have the correct shirt, shorts/pants and shoes (**3 points**). This is a minimum standard per lesson.
- The total points when working in the gym is 4 (**3 points plus 1 point for water bottle**)
- The total points when working outside is 6 (**Extra points for sunscreen, hat and water bottle**)

### **Return to school from illness or injury or Non-Compliance during lessons**

- Student's return to school from illness: parent to provide written note which is dated and signed explaining circumstances. Student written notes with parent signature will NOT be accepted. It is an expectation that if they are well enough to be at school, then they are well enough to participate at some level in PE class's. This to be determined by teacher, with all respect given to each student's circumstance such as but not limited to: walking laps, umpiring, goalie.
- If students have a health problem or long term injury (2 weeks or more) a **medical certificate** is required to avoid a 'zero' grade given.
- On the odd occasion, if students do not have the correct attire a **note of explanation is expected and a change of clothes brought**.
- If a student gets two 0's in one term parents will be contacted via student written letter, 3 0's and students will be **withdrawn** from class and a meeting with teacher or HoLA for re-entry to class, 4 0's block withdrawal (2 lessons) a meeting with HoLA and teacher (HoLA to inform Deputy) for re-entry to class. Student must demonstrate a genuine attempt and effort to gain re-entry to class.

### **Wet Weather**

- Phys Ed will take place regardless of the weather so students need to be prepared with a full change of clothes including underwear and socks and a wet weather jacket. Students are also asked to bring a plastic bag for wet clothes. See above uniform guidelines for each term.

### **Hygiene**

- **Aerosol deodorants are not allowed** and will be confiscated by staff. Students are to use roll on deodorant only. Please be respectful of our asthma sufferers.
- Showers are available for use.

### **Valuables**

- Bring money and valuables out of the change room and give them to the teacher. Any lost valuables are still student's responsibility. **If you choose to leave anything valuable in the change rooms, you do so at your own risk.** As per school policy, listening devices should be left at home. At NO time should this be seen during class time. School policy will then apply if seen by teacher during class time.
- All storerooms are out of bounds unless students are with their teacher or directed by their teacher.

### **Assessments**

- School Assessment Policy applies if student is absent at time of assessments.

*All students need to adhere LSHS Lower and Senior School Policy  
\*If any concerns with this policy, please see HPE HoLA for further discussion\**