

Physical Education Curriculum

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

- Skills for Physical Activity
- Self-Management Skills
- Interpersonal Skills
- Knowledge and Understanding

in line with the Australian Curriculum.

We value maximum student participation and encourage students to 'Strive to Achieve' their personal best. At Albany Primary we pride ourselves in being able to offer a number of different sports in a safe and supportive environment.



Sport Programs at Albany Primary

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.

Some Sports covered in the class programs include;

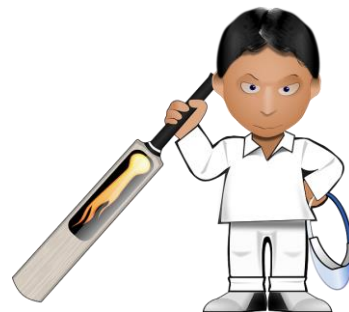
In-Term Swimming	Basketball
Tennis	Athletics
Cross country	Hockey
Cricket	Soccer
AFL	Netball

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 Albany Primary before and after school.

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

We are a member of the Great Southern Public Primary Schools Sports who coordinate and manage the Inter-School events. We also liaise with local junior sports associations. Relevant notices of upcoming events will be published in the newsletter.



Albany 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.



Physical Education Participation Policy

We expect that all students will actively participate, to the best of their ability, in all Physical Education lessons.

In the case of an ongoing medical condition or injury a note needs to be received from the student's parent/guardian providing a reason for the student's exemption and the time frame that it applies to.

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 APS Behaviour Management Policy. Behaviour that is unacceptable will be reported to the teacher and where necessary the school administration. Parents can expect to be contacted if misbehavior continues.

In Physical Education we will use a 'Red & Yellow Card' system, similar to many professional sports.

1. Verbal cue to alter behavior
2. Verbal cue and warning this is second check
3. Yellow card
4. 1x Red card- 'Time Out' in class
5. Black card 'Time Out' for rest of lesson and the loss of the next break.

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 **the teacher**.



PROTECT YOURSELF IN FIVE WAYS FROM SKIN CANCER

Sunsmart Policy

Albany 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 30+, broad spectrum, water resistant sunscreen is encouraged. Students are offered and encouraged to use sunscreen at the beginning of all Physical Education activities.
- Programs on skin cancer prevention are included in the schools' Health Curriculum.
- Shaded areas are used whenever possible for outdoor activities.
- Albany Primary regularly reviews it's Sun Protection procedures.



Physical Education at Albany Primary School



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