Flagstone State School

Health and Physical Education Program 2015

The key objectives of the Health and Physical Education Program are as follows-

To introduce students to a variety of games, sports and recreational activities that are both enjoyable and challenging.

To promote an active and healthy lifestyle which students will take with them when they leave school.

To encourage and develop resilience, perseverance, honesty and fair play.

To enhance students’ relationships with their peers.

To promote the development of co-ordination, skills, strategies, knowledge, interest and a positive attitude.

To make Health and Physical Education an interesting, enjoyable, challenging and successful experience for all students.

Each class receives between 30 and 45 minutes each week with the Physical Education Specialist Teacher. Students also participate in a range of daily physical activities and have the option to be involved in a variety of extra-curricular activities throughout the year. These can include perceptual motor program sessions, school and interschool sports programs, play time competitions and clubs, Friday afternoon rotation groups, sports days and representative sport at Beaudesert, South Coast and State level.

The senior students are offered the opportunity to participate in a series of play time competitions where teams are formed from each class to compete against each other to extend the skills learnt in Physical Education. Combined with the representative trials, these activities provide our students an opportunity to participate in a wide variety of sports and activities throughout the year that include: AFL, athletics, basketball, cricket, cross-country, hockey, netball, rugby league, rugby union, softball, soccer, swimming, tennis and touch football as well as a range of modified ‘games’.

We will also continue to encourage students to participate in sporting activities within the community and further promote the involvement of members of the community and their expertise within the school. We believe that the more we encourage community members to participate in activities, the healthier and happier our community becomes.

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David Inder – Physical Education