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## SOMERVILLE INTERMEDIATE SCHOOL POLICY ON HEALTH & PHYSICAL EDUCATION

### RATIONALE:

Through the delivery of an integrated Health & Physical Education programme, we aim to enhance the Hauora (well being) of our students.

Hauora involves the physical, social, mental, emotional and spiritual development of the children. We aim to assist every child to develop a positive attitude and to take increasing responsibility for themselves. This can be enhanced by a healthy and safe learning environment that encourages students to make a positive contribution to their own well being, the well being of others and the wider community.

*Charter Reference:* Curriculum Goal  
Student Goal

*Legislative Reference:* NAG 1

### PURPOSES:

1. To enable all students to participate in regular safe exercise, develop positive attitudes to physical activity and to understand and take responsibility for hygiene, nutritional and growth needs.
2. To develop movement and motor skills for all students that are challenging, enjoyable, appropriate to ability level and that promote fair play.
3. To encourage positive relationships for all students and staff that are based on respect for others, acceptance of differences, and to develop interpersonal skills to enhance this.
4. To prepare students to contribute to the health and safety of their environment by identifying and using safe practices, co-operating with others and recognising the support people and resources that enhance community well being.

### GUIDELINES:

1. Provide regular, varied, progressive and safe learning experiences where positive attitudes to Health, Physical Education and Sport are encouraged.
2. Develop programmes which meet the specific needs of the children.
3. Present programmes in a way that encourages children to set their own goals and start to develop their independence and self responsibility.
4. Provide opportunities for children to work co-operatively and play fairly.
5. Involve resource people from within the school and the wider community to enrich and extend the programmes.
6. Where possible, an interactive partnership between the school and home must be maintained to involve and keep parents/the community informed of activities and expectations.

DATE:	Written 27/7/00	Adopted 25/11/99	Latest Amendment 11/11/02	Readopted 18/3/04
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