

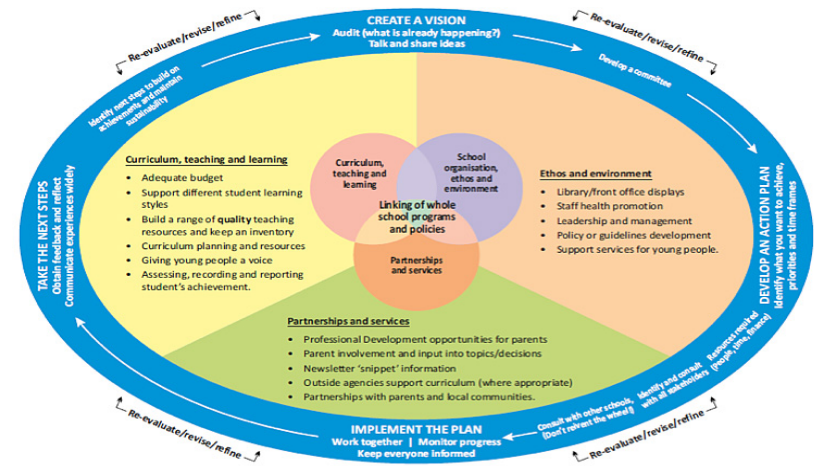


SAWYERS VALLEY PRIMARY SCHOOL HEALTH PLAN 2017

Rationale

The Sawyers Valley Health Plan was developed in 2016 to ensure the Health and Physical Education curriculum provides the maximum opportunities for students to gain the knowledge and skills to maintain a healthy approach to life. All teachers will implement the *Western Australian Curriculum and Assessment Outline: Health and Physical Education* as the prime curriculum source with consideration of the context and needs of our own community. Teaching of health concepts will also be reinforced and re-taught at point of need, as well as incorporated into routines, procedures and policies.

The SCSA *Outline* will be supported with Department of Education endorsed resources and programs and implemented with a whole school approach. Content will be taught in contexts assigned at relevant and appropriate times of the school year in all classrooms, allowing for coordinated activities, effective resource usage and accurate reporting. The explicit teaching of assigned contexts will be aligned with and supported through school events, incursions, guest speakers and special programs (NOTE: Brackets denote number of lessons explicitly taught).



Our teaching practice is aligned with the three interdependent areas of the Health Promoting Schools Framework as developed by the World Health Organisation: curriculum, teaching and learning; school organisation, ethos and environment and partnerships and services.

		Term 1	Term 2	Term 3	Term 4
Contexts for teaching	Personal, social and community health	Bushfire awareness (1) Sun safety / Safety near Water (3) Mental health and wellbeing (Resilience) (5)	Protective behaviours (9) Health benefits of physical activity – Physical Education Cyber and online safety - ICT	Food and nutrition (3) Medicine Safety K-4 /Alcohol/drugs 5-6 (3) Injury prevention and first aid (3)	Review Bushfire awareness (1) Review Sun safety / Safety near Water (1) Bike and road safety (3) Relationships K-3 /Relationships &sexuality 4-6 (4)
	Movement and physical activity	Challenge and adventure activities 3-6 Free active play and free choice games K-6 Fundamental movement skills K-2 Games and sport 3-6	Rhythmic and expressive movement activities Free active play and free choice games K-6 Fundamental movement skills K-2 Games and sport 3-6	Free active play and free choice games K-6 Safe and healthy competition/team skills K-6 Fundamental movement skills K-2 Games and sport 3-6	Challenge and adventure activities 3-6 Active play and minor games K-4 Fundamental movement skills Games and sport 3-6

Classroom Resources	<p>cfa.vic.gov.au www.dfes.wa.gov.au bushfireeducation.vic.edu.au http://www.sunsmart.com.au/communities/early-childhood-primary-schools/resources-primary-early-childhood/curriculum-resources</p> <p><i>Challenges and Choices</i>: Resource for Resilience, Drug Education and Road Safety (Available in Year Level Books F-6)</p> <p>http://www.det.wa.edu.au/sdera/detcms/navigation/for-schools/resources/challenges-and-choices/</p> <p>Bounceback resources in the school library Explicit Behaviour Matrix Lessons</p> <p>Aaron's Promise – Accessioned in school library – teacher resources.</p>	<p>Protective Behaviours Curriculum Resources: http://ecm.det.wa.edu.au/connect/resolver/view/CISPB019/latest/CISPB019.html</p> <p>Office of the Children's eSafety Commissioner https://esafety.gov.au/</p>	<p>Lunch Box Blitz http://www.lunchboxblitz.com/ https://healthy-kids.com.au/teachers/crunch-sip www.crunchandsip.com.au/media/8041/middle_primary_curriculum_activities.pdf</p> <p><i>Challenges and Choices</i>: Resource for Resilience, Drug Education and Road Safety (Available in Year Level Books F-6)</p> <p>www.kidsafe.com.au</p>	<p><i>Challenges and Choices</i>: Resource for Resilience, Drug Education and Road Safety (Available in Year Level Books F-6)</p> <p><i>Smart Steps</i>: Road Safety Booklet for parents and carers of children 0-4 http://www.det.wa.edu.au/sdera/detcms/navigation/for-schools/resources/smart-steps/</p> <p>Growing and developing healthy relationships https://www.gdhr.wa.gov.au/web/guest</p> <p><i>Talk soon. Talk often</i> http://www.healthywa.wa.gov.au/Healthy-WA/Articles/S_T/Talk-soon-talk-often</p>
School Programs	<p>Crunch 'n' Sip Daily Fitness 2-6 Fundamental Movement Skills K-1 Peer Mediation Program Y 6 Faction Swimming Carnival 3-6 Weekly Physical Education Lessons P-6 Senior Sport 3-6 Bushfire Drill</p>	<p>Crunch 'n' Sip Daily Fitness – Cross Country P-6 Lightning Carnivals (Pre and Post) Netball, Football, Hockey 4-6 Dancing Lessons and School Social Dance Weekly Physical Education Lessons P-6 Senior Sport 4-6</p>	<p>Crunch 'n' Sip Daily Fitness – Athletics P-6 Faction Cross Country Carnival Faction Athletics Carnival Weekly Physical Education Lessons P-6 Senior Sport 3-6 School Production P-6</p>	<p>Crunch 'n' Sip Fundamental Movement Skills K-1 Growth and Development 5-6 In-Term Swimming Lessons P-6 Year 6 Camp Weekly Physical Education Lessons P-6 Senior Sport 3-6 Interschool Athletics carnival Bushfire Drill</p>
Opportunities for Parent Involvement	<p>Parent Information Sessions/Workshops Parent Take-home Activities – School Drug Education and Road Aware (SDERA) resources Faction and Interschool Swimming Carnivals</p>	<p>Parent Information Sessions/Workshops Parent Take-home Activities/Fact Sheets Lightning Carnivals Walk to School Day</p>	<p>Parent Take-home Activities – SDERA Faction Athletics Carnival Faction Cross Country Carnival Interschool Cross Country Carnival School Production</p>	<p>Parent Take-home Activities – SDERA Twilight Walk (Open Night) Presentation Night</p>
Supporting Policies	<p>SVPS Bushfire Plan (stand-alone) SVPS Health and Wellbeing Policy</p>	<p>Child Protection Policy and Staff Information <i>DET Intranet Links for Schools Child Protection</i></p> <p>Online Services: Acceptable Usage Agreement for students.</p>	<p>SVPS Health and Wellbeing Policy Drug Education Guidelines (included in SVPS Health and Wellbeing Policy)</p>	<p>Road Safety Guidelines (included in SVPS Health and Wellbeing Policy)</p>