

## Health and Physical Education Teachers



### Why are you important?

#### A quality health and physical education (HPE) program will enable students to:

- Develop the knowledge, understanding and skills needed to make decisions and take action that leads to a healthy and physically active lifestyle for themselves and the community in which they live.

#### It takes a quality health and physical education professional to provide:

- A developmentally appropriate and meaningful program that enhances the physical, cognitive, and affective development of all students
- Inclusive instruction that maximises engagement by all students in class activities
- Ongoing assessment and feedback to all students that is used to guide student learning
- A program that supports lifelong learning toward leading a healthy and physically active life

#### How much time does your school allocate to HPE?

If your physical education program does not meet the recommended time mandate, or is under threat from the crowded curriculum remind your peers that:

- Evidence suggests that time in physical education and physical activity\* may actually **improve** academic learning. Research conducted has found no negative effect on academic performance when physical education and physical activity time has been increased during the school day.
- A major **barrier** to increasing physical education time in schools is the perception that time spent in activities such as physical education, physical activity and recess will undermine academic learning but nothing could be further from the truth.

*\*Physical education and physical activity **ARE NOT** the same but there is evidence that when classroom teachers use activity breaks this can result in an improvement in cognitive function and classroom behavior.*

## Victorian Time Mandates for Physical and Sport Education

Years P - 3	20 – 30 minutes of physical education a day
Years 4 - 6	3 hours a week of physical education and sport with a minimum of 90 minutes for physical education
Years 7 - 10	100 minutes per week each for physical education and sport

## Questions to ask about your school

1	Has our school developed an up to date written Health and Physical Education policy?
2	Do we currently meet or surpass the minimum time mandates for Sport & Physical Education?
3	Do we have a planned and sequential program that addresses the content descriptors and elaborations of Achievement Standards within the Victorian Curriculum?
4	Does our HPE program provide learning experiences that are <b>inclusive</b> of all students and are safe, enjoyable and promote an active and healthy lifestyle?
5	Does our HPE program include ongoing, authentic assessment as an integrated part of learning?

If you answered **No or Maybe** to any of these questions and would like support in further developing your program, please contact the Professional Learning Team at ACHPER Victorian Branch.

## About Us

ACHPER Victorian Branch is the professional teaching association representing teachers in the domains of physical education, health education, outdoor education, sport and recreation.

Our role is to equip, support and enable teachers to maximise student outcomes in physical and sport education, health education and outdoor education.



For more information and further support, please contact

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