PERSONAL DEVELOPMENT, HEALTH & PHYSICAL EDUCATION (PDHPE)

PARENT AND STUDENT INFORMATION
YEARS 7, 8 and 9 IN THE YEAR 2016

The purpose of this letter is to acquaint you with the procedures and requirements in Personal Development, Health & Physical Education (PDHPE).

The aim of Personal Development, Health & Physical Education is to develop in students the skills, knowledge and attitudes which will enable them to value and partake in a healthy, active and fulfilling lifestyle.

Students should note that this letter must be signed by both parent/guardian and student alike, and then kept in the front of their Health book.

PARTICIPATION

All students are expected to participate whole-heartedly in all practical lessons. Students must be suitably attired (see Uniform Policy), and work co-operatively with teachers and students alike, so as to maximise learning for all members of the school community.

Illness or injury that prevent a student from participating in a physical activity must be documented with a note from your parent/guardian and in this circumstance some other class work will be set. If illness or injury prevents participation in PE for an extended period of time, a medical certificate must be supplied.

The expectation is that all students will be in PE uniform and be willing to participate to the best of their ability at all times.

It is important to note that some practical activities are conducted off school premises (e.g. games at Parkes Reserve, cross-country in and around the school premises etc) and that a specific permission note for these minor variations will not be issued.
The following pro-forma can be completed for exceptional circumstances and brought to the attention of the PDHPE teacher:

Name: ___________________________ Date: _________________________

should participate in limited physical education/sport due to exceptional circumstances (described below). Please list activities which are to be avoided.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

This recommendation is to be effective

From: ___________________________ To: ___________________________

Please briefly indicate the nature of the handicap/difficulty.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Doctor’s name: ___________________________ Phone: ___________________________

________________________________________________________________________

Parent/Guardian Signature: ___________________________

Address: ___________________________

Telephone: ___________________________
PDHPE UNIFORM POLICY

All students are required to change their clothes **prior to and at the conclusion of all practical lessons.**

The wearing of a PE uniform is beneficial for a number of reasons:

1. The large majority of physical/sporting activities in the community require a uniform be worn
2. It provides students with a sense of unity
3. It does not discriminate against any student
4. It promotes a sense of pride in the school through the use of school colours
5. It allows students to represent the school in zone competitions, such as cross country, athletics and gala days without additional expense for competitive uniforms
6. It promotes a sense of order in the class situation
7. It prepares students for the lesson of physical activity
8. For hygiene reasons, students should have a change of clothing

Students are expected to dress in the school’s Physical Education uniform (available from the school) as described below:

- school polo shirt with CVH emblem
- royal blue shorts with CVH emblem
- CVH cap (**recommended during Terms 1 and 4**)
- sports shoes and socks

**PLEASE NOTE:** Canvas type shoes eg rabans will not be permitted in PE lessons. Shoes of this type offer no support for the foot during physical activity.

**PE uniform must be worn during each and every Physical Education lesson.** CVHS tracksuits may be worn over the PE uniform but only during the colder months of the year (generally the end of Term 2 and the start of Term 3) and must be removed upon request by class teacher (generally at the conclusion of the warm up session).

In the rare event that a student is unable to bring their PE uniform to class, that student must bring a note written by their parent/guardian explaining the circumstances and an **alternate but suitable change of clothes so that participation in the lesson is still possible.**

No student will be permitted to participate in a Physical Education lesson without a change of clothes. For students without uniform, alternate work will be set and an appropriate disciplinary measure taken.

It is unacceptable for students to leave their Physical Education uniform on and cover them with their school uniform at the end of the lesson, or to wear garments under their PE uniform. Whatever the weather, students should **always** bring Physical Education clothing for the scheduled lesson.

**VALUABLES.**

All valuable items eg wallets, phones, money etc should **NOT** be left in your bag in the changerooms when you participate in PE. They should be given to your teacher, who will lock them away and return them to the student at the completion of the lesson.

No responsibility will be taken for valuables left in the changeroom during the PE lesson.
**UNSATISFACTORY STUDENTS**

If a student fails to accept their responsibility to comply with these guidelines, one or more of the following procedures will ensue: verbal and/or written warnings, lunchtime and/or after school detentions, level 4, parent interview, referral to Deputy Principal for further action. These types of issues will also be reflected in that student’s school report.

**THEORY LESSONS**

Students are to purchase an exercise book which is to be brought to every theory lesson. All written work is to be kept neatly in this book. The exception to this will be students in Year 9 who will receive a booklet and be required to bring it each theory lesson.

Homework and assignments are set regularly and it is the responsibility of all students to ensure this work is recorded and completed by the due date. Sensitive and controversial issues are frequently discussed in this subject (e.g. drug education, sex education, etc). Any parent wishing further information about these topics should contact the Head Teacher PDHPE.

**ASSESSMENT**

Assessment in Personal Development, Health and Physical Education will encompass all areas and topics covered. Assessment will be cumulative thus giving a balanced account of each student’s ability and effort.

Every student will receive a report each semester indicating progress with regard to:

- skill and knowledge development
- attitude, behaviour and effort
- effectiveness of communication and interaction

**FEES**

There is no set subject fee for PDHPE, however, each student is required to purchase the PE uniform, available from the school, and an exercise book for Health.

**PARENTS AND STUDENTS**

Parents and students are asked to read this document carefully. It should be signed as an acknowledgement of receipt and an indication of support. This document is to be kept in the front of each student’s health book.

I have read the attached information and I am aware of the necessary procedures and requirements for all Personal Development, Health and Physical Education lessons.

Signed: ____________________________ Date: ____________________________

Parent/Guardian

Signed: ____________________________ Roll Group: ____________________________

Student

Comments and/or inquiries may be directed to the Head Teacher PDHPE.

Yours sincerely,

G. Johnson
HEAD TEACHER PDHPE