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## Health & Physical Education Philosophy

To encourage lifelong participation in physical activity to enhance active, health related fitness and wellbeing. To increase knowledge and understanding of skills to strengthen their self-worth. To promote resilience and positive decision making. Individuals will develop gross and fine motor skills in a range of activities and environments showing increasing control, safety and awareness of others.

### Core Outcome

**By the end of Year 6, students will –**

1. Have developed fundamental motor skills, and be able to apply strategies and tactics to movement challenges and games.
2. Conduct themselves with sportsmanship, cooperation, follow rules, demonstrate safety, fairness and teamwork.
3. Have the knowledge, understanding and appreciation of the importance of physical activity to enhance active, health related fitness and wellbeing.
4. Have a skill set to allow for continued involvement in physical activity into the future.