

Report to BOT: Health and Physical Education 2017

A Review of Health and Physical Education at Our Lady of the Sacred Heart School was carried out this year. All parents were asked to complete the parent survey on Google Forms. By the closing date 36 had completed the form and by the following weekend 40 families had completed it. 40 out of 186 families gave us a 21.5% return. In 2015 there was a 34% return. The review process involved consultation with parents at this time. Teachers were surveyed earlier in the year after a question/ discussion from the Board of Trustees. There was one question that only let some people respond. It seemed to depend on the device being used.

In the consultation with the parents a link was included to the New Zealand curriculum for Health and PE if parents wanted to gain more information.

- Running, skipping and fitness along with ball skills were the most important focus for PE .
- 27 families responded to additional resources they would like to see. Three didn't know what we had, five thought everything was excellent, they were happy. Six wanted more coaches or a PE teacher. Others wanted everything from more cricket to sports clubs after school, a dance studio and the classroom taken off the field.
- 21 out of 40 thought a PE Specialist was important.
- Swimming: 33 responses.16 thought it was great. 13 wondered if it could be extended to everyone in the school. 3 families commented they have lessons out of school and see little gain in the school lessons. One family thought resources should be put into having a school pool on site for lessons all year.
- School Camp: 30 responses. Twenty thought it was great, excellent, amazing experience. 3 thought it should be 2-3 nights instead of 4 and 3 thought only year 6 should go. 2 families felt that every parent who offered should be allowed to go on camp. (In 2017 that would mean 80 children with 42 parents and 4 teachers.)
- 65% said the most important factor with after school sports teams is "close to school" 20% felt excellent facilities was most important.
- Health Education 32 responses. There was a strong request here for communication with home on topics being taught and parents feeling that health learning was a parent's responsibility with back up from school rather than the school doing all the work.
- Puberty Talks: 31 responses. Every family gave a positive comment and were happy with the school's approach to this valuable learning.
- Health Needs to address: 24 responses: 6 had no comment Mental health and well being, anxiety and resilience were mentioned by others. Healthy food, school lunches with courses for parents on what makes a good lunch and 1 commented on pizza days/ice block days and 1 on noodles in lunch orders. They felt these weren't part of school's healthy food.
- Ideas for playing spaces during the rebuild: 28 responses: There were a variety of ideas here from covering the courts, running around the roads, going to Cornwall Park or other parks(not named) to parents giving their children more outside time after school and acquiring the mercy centre next door so the school could be extended.

A Summary of the responses from this review were:

- That we endeavour to keep parents informed of our health programmes.
- That we continue to run Swimming for Yr3 and 4.
- That we continue to look for opportunities to reach all children in a variety of sporting and Physical Education opportunities.
- That we continue to offer programmes that support Mental Health and Wellbeing.
- That a Camp for Year 5 and 6 pupils is highly recommended and supported.
- That the puberty talks are valued
- There was a trend running through the 40 families that responded to the survey for a specialist PE teacher.

The School will encourage and look out for opportunities for

- Keeping up communications with parents of the content of programmes especially in the Health and Wellbeing areas. These need to be given to parents before the teaching takes place.
- Continue Swimming in Term 1 and surf life saving at camp.
- Team Building and Leadership opportunities to build resilience and relationship amongst Year 5 and 6 children. These activities involve PE and Health(Rock Climbing Orienteering, Problem Solving Team Challenge, group work across the 3 classes of senior students) for the “not camp year”
- Hockey Year 3,4,5,&6 (Using Auckland Hockey)
- Gymnastics using the Tristar Gym instructors and facilities.
- Hot Shot tennis Juniors , Year 3 and 4 and Grass hopper tennis for Year 1 and 2
- When the school building programme takes place we will need to introduce a variety of different playground games, indoor games in hall, scooter days around playground and any opportunities to go out to parks.
- Daily fitness, skipping, Zumba and an emphasis on the skills of PE as well as games to reinforce the skills.
- Education of the school community on the PE lessons, fitness and skills occurring daily at each level of the curriculum and the skills and talents of our teachers in delivering the curriculum to our children.

Summary

Our Lady of the Sacred Heart School is continuing to provide a comprehensive programme in Health and Physical Education in line with the required Curriculum. While 79.5% of our families did not reply to the survey, it could be assumed that they are happy with the teaching and learning over the last 2 years in Health and Physical Education.

Annette Wilson

Health and Physical Education Co-ordinator