

Personal Development, Health and Physical Education (PDHPE) information for parents

Dear parents and caregivers,

This year, all students will be involved in the mandatory subject Personal Development, Health and Physical Education (PDHPE). This subject prepares and supports students to lead, and contribute to, healthy, safe and meaningful lives which promote respect, responsibility, enjoyment, inclusion and social justice for self and others.

Our school's PDHPE program covers a wide range of education matter, including relationships, drug use, human sexuality, child protection, fundamental movement skill development, safety and physical activity. Some of the content of the program deals with sensitive issues. The school recognises this by teaching about these issues within the context of a developmentally appropriate program and by providing information to you about the program.

The school program will be implemented in a manner that supports the role of parents and caregivers and reflects the ethos of the school community.

For more information on PDHPE go to <http://educationstandards.nsw.edu.au/wps/portal/nesa/parents/parent-guide>. The school program aims to encourage students to make informed decisions about their lifestyle taking into account the values of the family, culture and religion to which they belong.

Some of the specific content which may be covered in PDHPE includes:

- As a guide, Primary schools should spend 6–10% of teaching time, approximately 1.5 to 2.5 hours in a typical school week, teaching PDHPE in K–6.
- Students will learn about a range of health, safety, wellbeing and physical education concepts.
- PDHPE consists of three content strands:
 1. Health, Wellbeing and Relationships:
 - K–6 examples include personal identity, growth and development, emotional responses, respectful and inclusive relationships, seeking help, protective actions.
 2. Movement Skill and Performance
 - K–6 examples include fundamental and specialised movement skills
 3. Healthy, Safe and Active Lifestyles
 - K–6 examples include nutrition, mental wellbeing, personal safety, health and fitness
- Students explore the interrelationship between health, safety, wellbeing and participation in physical activity.
- Students are provided with opportunities to participate in a range of physical activities:
 - rhythmic and expressive movement, e.g. tai chi, yoga
 - individual/group/team physical activities, e.g. fitness activities, games and sports
 - initiative/challenge physical activities, e.g. solving a movement challenge
 - aquatics
 - lifelong physical activities, e.g. leisure activities.
- Students develop, strengthen and refine skills across three domains:
 - Self-management, e.g. decision-making and problem-solving



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- Interpersonal, e.g. communication, leadership and advocacy
- Movement, e.g. health and fitness enhancing movement.

The school is required inform parents and caregivers of the content of the curriculum as it deals with sensitive issues. If you have any issues or concerns, please contact your child’s teacher.

Yours faithfully,

D Meaney
Principal
February 21, 2019

Permission to participate in PDHPE Lessons

(Please tear-off and return to your child’s teacher by Friday March 1, 2019)

- I give permission for my child _____ of class _____ to participate in all aspects of PDHPE throughout the year.

OR

- I wish to further discuss certain aspects of the curriculum being delivered. Please contact me to arrange an appointment.

Name: _____

Contact No: _____

Signed _____
(Parent/Guardian)

Date _____