

**Functional Job Requirements  
For the Position of Physical Education Teacher  
Department of Education, Training and the Arts Queensland**

This document was developed for the following purposes: assisting in the development of rehabilitation programs for injured or ill employees, and providing detailed information about job demands to medical practitioners and allied health professionals undertaking medical reviews of Departmental employees.

This report identifies those activities which are essential to successful performance in this role. In determining whether a work activity is a “critical activity” the following questions are considered;

- Does the worker spend greater than 33% of designated work time performing this activity? and / or,
- Is specialized training/experience required to complete this activity? Has this been completed by only a small proportion of staff in this geographical region? and/or,
- Is this activity performed in an environment where no other workers are readily available to assist with its completion? and/or,
- Does this activity occur without prior notice and require immediate attention leaving no time to seek assistance to complete it? and/or,
- Is this activity core to the development of stakeholder relationships, which are essential to achieving successful outcomes? and/or
- Would an inability to perform this activity result in an increased health and safety risk to co-workers, students and/or members of the public?

The development process included; site observation of work environments, staff interviews, staff feedback on draft documents and consideration of benchmark publications for the analysis and description of work activities and job demands specific to particular positions (the Revised Handbook for Analysing Jobs, the Occupational Information Network and the Australian Job Guide, 2006).

This report indicates the average time spent across a working week on each work activity and also on each physical demand of work. In order to make this information meaningful to the various users of this report, in some instances the time spent is expressed as a single word, as a percentage of total time or as an actual amount of time (i.e. hours and minutes). The timeframes used are based on the benchmark descriptions (from the publications above) for expressing frequency of performance of work tasks.

Descriptor	Percentage of Time	Amount of Time based on 25 hours per week
Not present	0%	0 mins
Rare	1%-7%	15 mins – 1 hour 15 mins
Occasional	8%-33%	1 hour 30 mins – 8 hours 15 mins
Frequent	34%-66%	8 hours 30 mins – 16 hours 30 mins
Constant	67%-100%	16 hours 45 mins – 25 hours

**Description of the Physical Education Teacher:**

It is the role of a Physical Education (PE) Teacher to teach a class of up to 28 students in grades 4 to 7. Students in grades 4 to 7 will range in age from 8 to 13 years old. PE Teachers are responsible for all aspects of the planning, preparation and delivery of effective learning and teaching programs across the three strands of PE including, skills development, health and personal development for every student in the allocated classes. The average time spent with classes will be 18 hours per week (within a range of 15 to 20 hours per week ) depending on the number of schools and classes taught. PE Teacher’s roles can be itinerant, working across multiple schools. In addition, all teachers have a duty of care to ensure the safety and wellbeing of all students within their care.

## Functional Job Requirements For the Position of Physical Education Teacher

### Hours of Work and Scheduled Breaks—

**Hours of Work:** The ordinary hours of work for a Physical Education Teacher is 25 rostered hours per week. The average class time will be 18 hours per week within a range of 15 to 20 hours per week subject to a number of variables including number of schools in the circuit and number of classes taught (Refer to Teachers Award State 6.5.3).

The ordinary spread of hours of work exclusive of meal times is between 8.30am and 3.30pm Monday to Friday. Alternate hours can be worked between 7.00am and 5.00pm Monday to Friday. The maximum roster duty time shall not exceed 7 hours per day and a minimum rostered duty time not less than 3 hours. These alternate hours must be implemented through the Local Consultative Committee (Refer to Teachers Enterprise Bargaining Agreement for details).

Where a Physical Education Teacher provides resource services to more than one school, time required for travel between schools on the same day will be considered part of the Physical Education Teachers work program and will be incorporated within rostered duty time. Appropriate additional time will be allocated for the arrangement and transport of lesson resource material.

**Meal Breaks:** Physical Education Teachers are entitled to a meal break of 45 minutes unpaid if in excess of 5 hours is worked on any day, to be taken between 11.30am and 2pm or such other times as may be arranged by the Principal. Meal breaks may be altered to 30 minutes through consultation with the Local Consultative Committee. Total period for meal breaks per Physical Education Teacher per week is no less than 225 minutes.

**Rest Pauses:** Physical Education Teachers are entitled to a rest pause of 10 minutes duration to be taken mid-morning which will be considered as rostered duty time.

**Bus and Playground Supervision:** Playground duty and bus duty is not to be allocated where the Physical Education Teacher services more than 2 schools. Teacher Aides will relieve teachers of bus and playground duty as far as possible and where appropriate. Physical Education Teachers are still required to undertake some part of bus and playground duties. Physical Education Teachers shall not be required to undertake bus supervision for more than 30 minutes after completion of the daily program.

**Non-Contact Time:** Physical Education Teachers are entitled at least 2 hours of rostered preparation and correction time allocated in blocks of at least one-half hour, with the objective being to provide one hour blocks of time, where possible.

The Activity Frequencies below have been calculated based on a week of 5 days comprising 5 contact hours per day. Rare = 0 -1h 45mins per week, Occasional = 2hrs - 8hrs 20mins per week, Frequent = 8hrs 30mins – 16hrs 36mins, Constant = 16hrs 45mins - 25hrs (times are exclusive of scheduled breaks).

	Job Activity	Average Time	Critical Job Demand
1	Room/ activity setup: due to the outdoor nature and equipment involved in many activities, Physical Education Teachers spend more time completing this activity than other teachers e.g. accessing and setting up sporting equipment, moving furniture, as well as packing up previous activities.	Up to 16 hrs 30 mins per week	Yes
2	Parent liaison: involving telephone and face to face contact with parents, requiring recollection or sourcing of specific information related to current students.  (When conducting scheduled, formal parent-teacher sessions)	Up to 1 hr 15 mins per week  (Up to 8 hrs 15 mins per week)	Yes

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	Job Activity	Average Time	Critical Job Demand
3	Travel time between schools, as well as transportation of learning materials between car and classroom as required. (For itinerant Physical Education teachers only).	Up to 16 hrs 30 mins per week (for itinerant teachers only)	Yes
4	Teaching of students; Physical Education involves teaching of three learning strands of skills development, health and personal development. Physical education teachers are required to report on each student's performance on these 3 areas. Teaching of these areas may involve increased physical demonstration of tasks and physical activity, as well as increased exposure to outdoor environments and varying terrains. It may also involve standing or seated presentation of information to students, monitoring verbal and non-verbal responses of students to information, providing answers to questions, supervision of group and individual learning activities and encouraging participation by students.	Up to 20 hrs per week	Yes
5	Specified non-contact time: involving planning, completion of administrative paperwork, correction of students' work, reports, class preparation e.g. photocopying/ resource preparation, review of resources, purchasing of equipment, checking and responding to messages etc.	2 hours per week  Up to 8 hrs 15 mins per week for reports in final weeks of term	Yes
6	Supervision during meal breaks (including playground, library and bus duty): involving mobilising around a pre-determined area and completing visual and auditory monitoring of students' activities and school premises, providing assistance to students as required. (Itinerant Physical Education teachers may not be required to complete this task).	Up to 3 hrs per week	Dependent on the school
<b>In support of the above activities performed during rostered duty time, the activities below are performed by most teachers.</b>			
7	Staff meetings/ liaison with teaching staff: involving face to face or (depending upon distance) teleconferenced meetings at which day to day operational issues, short term and long term strategic planning for the school occur. (Itinerant Physical Education teachers may have less contact with other teachers than those Physical Education teachers based at one school).	Ave. 1-2 per week, with significant variation between schools	Yes
8	Committee meetings: involving a variety of activities dependent upon the nature of the committee and the number of committees the staff member is a part of. Most committee based tasks are of a voluntary nature.	Up to 1 hr 15 mins per week	No
Physical Education teachers also participate in extra-curricular activities most of which are of a voluntary nature. These include: <ul style="list-style-type: none"> <li>• Overnight camps;</li> <li>• Intra-school sport (including coaching of students before and after school and during lunch breaks, as well as travel and supervision of sporting teams for events such as regional trials and athletics carnivals) and/or</li> <li>• After school student elective activities.</li> </ul>			No

## Functional Job Requirements For the Position of Physical Education Teacher

Frequency of Physical Job Demands (Average % of Shift)											
Demands	Not Present	Rare (0-7%)	Occasional (8-33%)	Frequent (34-66%)	Constant (67-100%)	Demands	Not Present	Rare (0-7%)	Occasional (8-33%)	Frequent (34-66%)	Constant (67-100%)
Sitting			√			Reaching				√	
Standing - Static		√				Handling					√
Standing - Dynamic				√		Pushing			√		
Walking - Flat Terrain			√			Pulling			√		
Walking - Slippery/ Gravel Terrain			√			Lifting			√		
Climbing - Step Stools/Ladders		√				Carrying					√
Climbing - Stairs		√				Balancing - Above Ground			√		
Stooping		√				Fine Motor				√	
Kneeling		√				Control Operation				√	
Crouching - One Off		√				Arm- Hand Steadiness				√	
Crawling		√				Driving				√	
Auditory Function					√	Visual Function					√

Tools / Equipment Handled
Students' chairs and desks- up to approximately 5kgs and 10kgs respectively
Sporting equipment e.g. bats, balls, goals, racquets, uniforms etc
Pens/ pencils/ chalk/ whiteboard markers and books
Car/transport (for itinerant teachers)
Computers, PDAs and data projectors — For use during information technology based learning activities with students and administrative tasks.
Phone and email– for planning and liaison with different schools
Learning Aids– overhead projectors, screens

Loads Lifted & Carried					
	Not Present	Rare (0-7%)	Occasional (8-33%)	Frequent (34-66%)	Constant (67-100%)
<b>0-5 kg</b>			Floor to shoulder		
<b>6-10kg</b>		Floor to waist level			
<b>11-15kg</b>					
<b>16-20kg</b>					
<b>21-25kg</b>				Floor to above shoulder	

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### Risk Based Physical Environmental Considerations:

- There may be clutter in the work area, increasing the risk of trip hazards, awkward bending and lifting, and poor storage practices
- Items, furniture and fixtures may be poorly positioned or designed, requiring the adoption of awkward postures
- There may be limited space for movement during performance of some activities
- There may be constant low-level ambient noise (from students and potentially traffic)
- There may be limited classroom lighting and ventilation in some facilities
- Some work may be performed outdoors or in an area exposed to the elements (e.g. activities on school oval or uneven surface)
- Fine motor work may be performed in temperatures of 16 degrees or lower and above 24 degrees, due to local environmental conditions and capacity to school facilities to control ambient air temperatures
- Work may be performed in temperatures above 24 degrees (occasionally in summer)
- Work areas may be slippery or wet

Psychosocial Risks to be Considered	Social / Interpersonal Demands	
Time pressure/high workload- while deadlines exist for many tasks, the level of demand is dependent upon school environment and staffing level. Teachers may also be required to address multiple demands and a large number of unplanned interruptions may occur throughout the day.	Performing for or Working Directly with the Public – parents and students	Coordinating or Leading Others - students
Poor worker/team leader relationships/low social support- may exist in some environments. This may be more true for itinerant teachers who traveling between numerous schools e.g. may not have the same social network and support that other full time teaching staff, possibly resulting in reduced job satisfaction.	Communicating with Persons Outside the Organisation - parents and community members	Coaching and Developing Others - aides and students
Environmental Stress– constant low level ambient noise from students, PA announcements, school bells etc requiring considerable projection of voice to be heard. Some temperature variation during winter and summer, constant environmental monitoring of student location during outdoor skills based sessions.	Establishing and Maintaining Interpersonal Relationships - with students, staff and parents	Coordinating the Work of Others - aides and students
Insufficient work breaks- shortened breaks may be taken on a voluntary basis due to high workload and time constraints. Breaks may be limited by meal and playground supervision duties, particularly if there is insufficient planning e.g. unplanned wet weather duties. Although break times are stipulated, teachers do not always receive an uninterrupted break.	Resolving Conflicts - between students and Negotiating with Others - students/parents/ staff	Interpreting the Meaning of Information for Others - students
Investigations - participate in reporting, investigation and resolution processes, including mandatory reporting of suspected child abuse or neglect and participation as a witness or party to performance, discipline, grievance, WorkCover or other processes.	Communicating with Supervisors, Peers, or Subordinates	Dealing With Unpleasant or Angry People - parents (potentially)
Policies - comply with departmental policies, procedures, guidelines and the code of conduct, including undertaking risk management processes to ensure the health and safety of students and others under their supervision or direction.	Guiding, Directing, and Motivating - students	Dealing With Physically Aggressive People - students and parents
	Training and Teaching - students	Assisting and Caring for Others - students (may include first aid)

## **Functional Job Requirements For the Position of Physical Education Teacher**

### **Considerations for Assessment of Physical Job Fitness:**

- Assessment of sustained sitting capacity of 50 minutes, including on floor either cross legged, kneeling or crouching (acknowledging ability to regularly vary posture). Including sufficient flexibility to allow adoption of awkward postures when working with students, particularly on floor level
- A high level of strength and cardiovascular fitness to allow participation in teaching, coaching and demonstration activities, including sustained walking, dynamic standing and running
- Sound visual motor coordination skills for teaching and participating in ball sports
- Capacity for grip patterns required for repetitive handling of sports equipment
- Assessment of fine motor dexterity or actual keyboard operation for typing activities
- Ability to lift and carry heavy and/or awkward loads with no assistance (up to 15kg)
- Ability to sustain constant dynamic standing throughout the days with minimal sitting breaks
- Symmetry, range and discomfort with movements of the spinal and peripheral joints, including hips, knees, ankles, shoulders and wrists
- Able to ascend and descend 2 x flights of stairs
- Sufficient visual and auditory function to enable interaction and response to students

### **Other Considerations**

- History of neck/shoulder discomfort associated with static and sustained repetitive neck flexion postures
- History of upper limb, lower limb or spinal pain with repetitious or static tasks
- History of lower back pain with sustained sitting
- Knowledge of ergonomic principles for clerical workstations and motor vehicles, and knowledge of / ability to learn safe crouching/stooping posture (with flexion occurring at the hips rather than in the lumbar spine)
- Knowledge of correct manual handling techniques i.e. ability to bend at hips, bend knees and squat with a neutral spine
- Knowledge of vocal health and techniques to enable safe projection of voice