

Physical Activity

POLICY



Rationale:

The importance of physical activity is acknowledged as essential for optimum physical development and establishing behavioural habits that are crucial to life-long health and wellbeing.

This policy confirms our commitment to:

- increasing the activity levels and wellbeing of the whole school by providing a supportive environment that encourages and enhances physical activity opportunities
- promoting the importance of a healthy lifestyle, which includes being physically active every day
- ensuring that relevant mandated requirements for physical education and sport are incorporated into the curriculum.

As a health promoting school, we will support the physical activity of students, staff and families through learning, policies, creating a safe and healthy physical and social environment, and developing community links and partnerships.

Definition: Physical activity: Includes sport, incidental exercise and many other forms of recreation. The Australian Physical Activity Guidelines recommend a combination of moderate and vigorous activities for at least 60 minutes each day for children and young people (5 – 18 years old).

Implementation:

Healthy policies

- Staff, families and students are involved in guiding the development and implementation of the whole-school physical activity policy and are seen as key partners in promoting and supporting physical activity in the school.
- Staff, families and students are provided with information about policy requirements.
- Fundraising activities reflect the physical activity policy and promote healthy lifestyle messages, such as Jump Rope For Heart and games days.

Healthy physical environment

- A range of play equipment and environments are provided, which encourage physical activity at break times, and before and after school. The equipment and environment cater for diverse ages, and the abilities and interests of all students.
- Active travel to and from school is inhibitive due to the school's location. Alternative physical activity, once children are at school, is encouraged and promoted.
- Students will be encouraged to use appropriate and properly fitted protective equipment when participating in sport, such as mouthguards and shin guards.

Healthy social environment

- The school promotes physical activity, which encourages inclusiveness and participation, in addition to performance.
- Staff and families recognise they are role models and are encouraged to actively engage in physical activity and active travel.

Learning and skills

- Airly PS complies with the appropriate sector requirements for physical and sport education. Staff will ensure physical activity is incorporated into the curriculum, across a range of domains.

- Staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote physical activity across the curriculum.

Engaging children, young people, staff and families

- Students are consulted about physical activity initiatives via junior school council.
- Via the school newsletter, families and staff are, on a regular basis, provided with information, ideas and practical strategies to promote and support physical activity at school and at home.
- Families and students from culturally diverse backgrounds are engaged to ensure cultural values and expectations about physical activity are respected.

Community partnerships

- The school will work with local health professionals, services and organisations to increase capacity to deliver and promote physical activity initiatives.
- Students are actively encouraged to take part in after school physical activity programs.
- Links are established with local community sports and recreation services to create and strengthen opportunities for students to participate in physical activity outside of school hours.

Related school policies

- Staff Health and Wellbeing Policy 2016
- Child Safe Environments Policy 2016

Evaluation:

- This policy will be reviewed as part of the school's three-year review cycle.

This policy was ratified at Airly Primary School Council's meeting held on: February 19, 2018
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