

Physical Movement and Activity Policy

Purpose

Leadership and staff acknowledge the importance of physical activity as essential for optimum physical development and establishing behavioural habits that are crucial to life-long health and wellbeing. As a health promoting school we are committed to providing opportunities for all students, staff and families to engage with physical movement.

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
- Providing opportunities for all students, staff and families to participate in physical activity

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.

Policy statement

Background

Physical activity and movement for children and young people is recognised as essential for their optimum physical development, and for establishing behavioural habits that are crucial to life-long health and wellbeing. As research shows, physical movement is also essential to support social development, positive mental health and academic achievement.

Whole school engagement

It is recognised that every member of Mount Blowhard Primary School has an impact on students' health and can contribute to creating an environment that promotes physical activity. All members of our school community including staff, students, families and volunteers will be supported to meet this policy.

Definitions

Physical Activity and Movement: For the purposes of this policy and for the Healthy Schools Achievement Program, the 'Physical Activity and Movement' health priority area focusses on physical activity participation, fundamental movement skills and reducing sedentary behaviour.

Physical activity: Includes sport, incidental exercise and many other forms of recreation. The Australian Physical Activity and Sedentary Behaviour Guidelines recommend a combination of moderate and vigorous activities for at least 60 minutes each day for children and young people (5 – 17 years old).

Active travel: Physical activity undertaken as a means of transport, not purely as a form of recreation.

Procedures and Responsibilities

Leadership and commitment

- This policy is shared with the whole school community with opportunities to provide feedback/input.
- This policy is ratified by school leadership and reviewed at least every 3 years.

Healthy physical environment

- The layout of buildings and grounds and equipment encourages physical activity and movement all day and is inclusive of all students.
- Equipment is available for students to access during breaks to support their engagement with physical activity
- Facilities support active travel and road safety for students, staff and families.
- Students are required to wear appropriate protective equipment during physical activity.

Healthy culture

- Diversity and cultural practices are considered when implementing this policy and physical activity and movement practices.
- This document broadly outlines what needs to be included in policy to ensure a whole school approach to Physical Activity and Movement.
- Staff and families are encouraged to role model being physically active. Students are encouraged to be physically active across the school day and time that students are sedentary is minimised.
- Active travel is promoted and encouraged.

Student teaching and learning

- The school meets the curriculum requirements for physical education.
- Staff are supported to create active classrooms that incorporate opportunities for students to regularly move and be active when appropriate.
- Students are taught how to use equipment safely.
- Staff are supported to access to professional development and resources about physical activity and movement.
- All students are expected to participate in PE lessons
- PE instructors will emphasise and celebrate participation in classes, rather than just concentrating on achievements. The teacher will differentiate PE lessons so that all children, regardless of their level, experience success.

Supported staff

- Staff are supported to be physically active and minimise sedentary behaviour, both inside and outside of work hours.
- Physical activity and movement information and policy requirements are included in staff orientation/induction.

Families and community partnerships

- Physical activity and movement information is provided to families and the wider community, such as information about minimising sedentary behaviour and strategies for increasing physical activity.
- Partnerships are established with relevant organisations and health professionals to support physical activity and movement practices where appropriate.
- Local parks, bike paths and recreation facilities are used and promoted where appropriate to encourage physical activity.
- We enable the community to use our school grounds and facilities for physical activity and recreation as appropriate.

Relevant legislation

- Australia's Physical Activity and Sedentary Behaviour Guidelines, 2017
- DET School Policy and Advisory Guide – Physical and Sport Education
- Victorian Curriculum Foundation-10, Health and Physical Education Curriculum
- Education and training reform act 2006
- Australian 24-Hour movement guidelines for adults

Related school policies

- Staff Health and Wellbeing Policy
- Health and Physical Education Policy
- Traffic Safety Policy
- Student Engagement Policy
- Safe environments Policy

Ratified date and planning review date

Endorsed by school council: March 2020

Next review date: March 2023