



## PHYSICAL ACTIVITY POLICY

### RATIONALE:

Our physical activity policy has been developed to ensure that all students and staff attending this school acknowledge the importance of physical activity as essential for optimum physical development and establishing behaviour habits that are crucial to life-long health and wellbeing.

### 1. PURPOSE

- 1.1 To increase the activity levels and wellbeing of the whole school by providing a supportive environment that encourages and enhances physical activity opportunities.
- 1.2 Promoting the importance of a healthy lifestyle, this includes being physically active every day.
- 1.3 Ensuring that relevant mandated requirements for physical education and sport are incorporated into the curriculum.

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

### 2. BROAD GUIDELINES

- 2.1 Physical activity 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.
- 2.2 The focus of the program will be the development in students' positive attitudes and building confidence in being physically active and implementing measures to protect and enhance their health.

### 3. IMPLEMENTATION

- 3.1 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 schools.
- 3.2 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 interest of all students.
- 3.3 Active travel to and from school is encouraged and promoted to all members of the school community. The school will provide facilities for the safe and secure storage of equipment that encourages active travel, such as bikes and helmets.
- 3.4 Students will be encouraged to use appropriate and properly fitted protective equipment when participating in contact sports in events such as the lightning premierships.
- 3.5 Students are consulted about physical activity initiative via junior school council, student actions teams or other representative structures.
- 3.6 The school promotes physical activity, which encourages inclusiveness and participation, in addition to performance.
- 3.7 Staff and families recognise they are role models and are encouraged to actively engage in physical activity are respected.

#### **4. CURRICULUM**

- 4.1 Barwon Heads Primary School 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.
- 4.2 Staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote physical activity across the curriculum.

#### **5. ENVIRONMENT & COMMUNITY**

- 5.1 The school will work with local health professionals, services and organisations to increase capacity to deliver and promote physical activity initiatives.
- 5.2 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.
- 5.3 A range of safe environments are provided for students to participate in physical activity on grassed ovals, basketball courts, cricket nets etc.

#### **6. EVALUATION**

- 6.1 Review of physical behaviour of students, staff, parents, and visitors and make recommendations for improvement.
- 6.2 Assess environment and usage and make recommendations for updates when needed.
- 6.3 Update and promote curriculum material relevant to physical learning activities.

The physical activity policy will be monitored and reviewed by staff, school council, student representatives and the health and wellbeing team at least once every three years.

This policy will be reviewed as part of the school's annual review cycle

This policy was last ratified by school Council: June 2015