

Physical Activity Policy



HELP FOR NON-ENGLISH SPEAKERS

If you need help to understand the information in this policy, please contact Moe Elizabeth St Primary School on 03 5127 2607 or moe.ps@education.vic.gov.au.

PURPOSE

- Physical activity is associated with improved learning and concentration, better mood and behaviour, healthy growth and weight development, and lifelong health and wellbeing. School communities can help students develop healthy habits to live, learn, grow and play.
- 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.

Moe (Elizabeth St) P.S. is committed 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. The school complies with the Department of Education and Early Childhood Education and Sport Policy. Timetabling of physical and sport education and physical activity is consistent with relevant requirements.
- Providing the opportunity for grades 3, 4, 5, & 6 to attend camps during the year.
- Providing an intense swimming program for students in Foundation to 4 each year.
- Encouraging physical activity during recess and lunchtime breaks by providing easy access to sports equipment in all grades and access to a variety of playground equipment for various age groups.

SCOPE

POLICY

Background: 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 lifelong health and wellbeing.

Whole School Engagement: It is recognised that every member of ELIZABETH STREET P.S. has an impact on student's 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: 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).

COMMUNICATION

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
- Fund raising activities reflect the physical activity policy and promote healthy lifestyle messages,, such as walk-a thons, and games days

Healthy physical environment

- A range of play equipment and environments are provided, which encourages physical activity at break times, and before school and after school. The equipment and environment cater for diverse ages, and the abilities of all students.
- 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.
- 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 travels.

Learning and skills

- ELIZABETH STREET P.S. 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, educators, staff and families

- Students are consulted about physical activity initiatives via junior school council, student action teams or other representative structures
- 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.

Relevant accountability documents

Australian Government Department of Health and Ageing, Physical Activity Guidelines for Children 5-12, 2005

DET School Policy Advisory Guide – Physical and Sport Education

Related school policies

- Staff Health and Wellbeing Policy
- Health and Physical Education Policy

Monitoring and review

The Physical Activity Policy will be monitored and reviewed by the staff, school council, student representatives and the health and wellbeing team at least every three years

FURTHER INFORMATION AND RESOURCES

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POLICY REVIEW AND APPROVAL

Policy last reviewed	October 2021
Approved by	Principal
Next scheduled review date	Before October 2022

The principal will complete the Department's Annual Risk Management Checklist for anaphylaxis management to assist with the evaluation and review of this policy and the support provided to students at risk of anaphylaxis.