

Wooragee Primary School

Physical Activity Policy 2017

Rationale:

The Wooragee Primary School community acknowledges the importance of physical activity as essential for optimum physical development and establishing behavioural habits that are crucial to life-long health and wellbeing.

The school supports a culture (values, expectations and standards) and shared commitment to zero tolerance of child abuse, and arrangements that allow it to occur will not be tolerated. The school takes into consideration the diversity of the children attending the school, and their particular vulnerabilities. e.g. children with a disability, Aboriginal and Torres Strait Islander children and children from culturally and linguistically diverse backgrounds.

Aim:

This policy aims to:

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

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:

- 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
- The school will comply with DET mandated requirements for physical activity:
 - F-3: 20-30 minutes of physical education a day.
 - 4-6: 3 hours per week of physical education and sport with a minimum of 50% of that time for physical education.
- 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 will reflect the Physical Activity and Healthy Eating & Oral Health policies to promote healthy lifestyle messages.
- 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 will cater for diverse ages, special needs and the abilities and interests of all students.
- As the school is on a very busy main road walking or riding to school is discouraged (unless under adult supervision). Modified ride to school and walk to school programs are conducted on the tennis courts.
- The school will provide facilities for the safe and secure storage of equipment such as bicycles and helmets when we are conducting our modified ride to school program.
- Students will be encouraged to use appropriate and properly fitted clothing, foot wear and protective equipment (if required) when participating in sport, such as shin guards and helmets. Soft equipment will be used when appropriate such as Kanga Cricket Balls and TBall foam balls.
- The school promotes physical activity, which encourages inclusiveness and participation, in addition to performance and offers a weekly free after school sporting schools program and invites other primary age children to participate.

- Staff and families recognise they are role models and are encouraged to actively engage in physical activity.
- Students are explicitly taught team work, fairness, self-control and consideration of the special needs, ages and abilities of others.
- The emphasis in physical activity is maximum active participation - not win or lose.
- Wooragee 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.
- Students are consulted about physical activity initiatives via sporting school program coach and democratic votes conducted by student leaders.
- 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 and are welcome to join in sport sessions and support interschool activities such as Kanga Cricket.
- Families and students from culturally diverse backgrounds are engaged to ensure cultural values and expectations about physical activity are respected.
- 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 outside those provided by the school.
- 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.
- Our physical activity programs include; gardening, camps, excursions, native reserve activities, imaginative play, adventure playground, community tree planting, dance, interschool sport, wheel chair basketball, cross country running and ride/walk to school (modified).

Related policies & Links

- Student Welfare & Wellbeing Policy
- Staff Health & Wellbeing Policy
- Camps Policy
- Excursions Policy
- Duty of Care Policy
- Healthy Eating & Oral Health Policy
- On-Site Supervision Policy
- Student Engagement Policy
- SunSmart Policy
- Working With Children Check Policy

Evaluation:

- This policy will be reviewed every three years or earlier as required.

Ratified: 2017

Review Date: 2020 or earlier as required