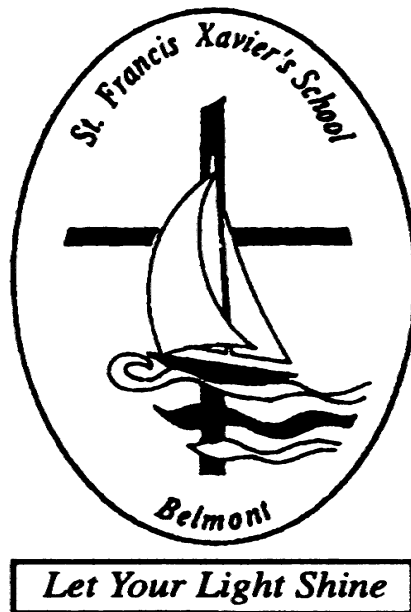


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# *Physical Activity Policy*

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**2011**

to be reviewed

**2014**

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### **MISSION STATEMENT:**

St Francis Xavier's Primary School aims to maximise students' physical activity by:

- Integrating opportunities to be physically active throughout the school day,
- Focusing on providing quality and active PE lessons and sport opportunities,
- Seeking additional and creative ways for students to be more physically active.

We will focus on the developmental needs of students, encourage high participation and engagement, emphasise fun and promote the importance of being physically active for a healthy lifestyle.

### **GOAL:**

That *every child, every day* is physically active at school.

### **SCHOOL PLANNING PROCESS:**

This plan is linked to the following documents:

SUN SAFE POLICY, STUDENT WELFARE POLICY, PDHPE SCOPE AND SEQUENCE, SPORT POLICY

### **COMMITMENT:**

This policy reflects St Francis Xavier's Primary School commitment to:

1) helping students meet the Australian Government recommendations for 5-12 year olds of *at least 60 minutes, and up to several hours, of moderate to vigorous physical activity every day.*

2) meeting the Australian Government *Active School Curriculum* requirements of *at least two hours of Physical Activity in the weekly curriculum for primary school children.*

### **EQUITY STATEMENT**

This policy is based on principles of equity and inclusiveness to ensure that all students have opportunities to engage in physical activity at school.

- Opportunities will be appropriate for children of all abilities
- Denial of physical activity will not be inappropriately used as a disciplinary technique
- Inadequate PE uniform will not be a reason for exclusion from physical activity
- Physical activity will be affordable (or support provided for students who may otherwise miss out)

In line with the principles of equity, our school is committed to making sure Aboriginal students are able to access and participate in physical activity at school.

### **COMMUNICATIONS AND PARENT LINKAGES**

St Francis Xavier's Primary School will:

- Post the *Get Skilled, Get Active, Go!* Brochure to all parents on the school's website page
- Regularly insert physical activity newsletter snippets in the school newsletter
- Include physical activity information in school orientation packages

### **DISSEMINATION**

This policy will be agreed to by the school community, signed by the Principal and School Champion, and made available to parents, teachers and students. This policy will be disseminated via Staff meetings and P&F meetings.

### **BUDGET**

To set an appropriate amount from within the annual school budget that will ensure the effectiveness of this Policy.

### **EVALUATION**

For this policy to be effective, it is necessary to monitor and evaluate its implementation. It is important for the staff to monitor and promote physical activity in the school community and seek improved outcomes for students, including fitness and the ability to participate in a variety of sports.

This policy will be reviewed in 3 years or as required by CSO or Board of Studies amendments.

This will be done by:

- The teaching staff
- Other nominated personnel
- School Champion

The Assistant Principal is responsible for the co-ordination of policy reviews.

## ST JAMES PRIMARY SCHOOL Physical Activity Policy 2010

Developed by: Debra Hawthorne (Assistant Principal / School Champion)

To be reviewed 2013

### Encourage physical activity for every child, every day

OUTCOME	STRATEGIES	WHEN	RESOURCES
That <i>every child, every day</i> is physically active at school including participation in classtime physical activity apart from PE and Sport.	Implement brief periods of physical activity during class ( <i>Go Time!</i> ) on days where there is no other physical activity (e.g. PE or Sport) This will take the form of: <ul style="list-style-type: none"> <li>• Energisers (e.g. 2-3 min active transition between lessons)</li> <li>• Active lessons</li> <li>• Active games</li> <li>• Physical activity / fitness sessions (NB. This is in addition to PE)</li> </ul>	Each day commencing Term 3, 2010 at variety of intervals during the day	<i>Go Time!</i> resources include: <ul style="list-style-type: none"> <li>• Energisers and Pedometer Activities (see Booster Resource Pack)</li> <li>• Active lessons (See Good for Kids folder and Booster Resource Pack)</li> <li>• Active / FMS games (See Playing for Life CD and Yulunga CD)</li> <li>• Classroom Physical Activity Wallchart and stickers</li> </ul>

### Raise awareness of, and review Small Screen Recreation (SSR) use

OUTCOME	STRATEGIES	WHEN	RESOURCES
Raise students' awareness of the amount of time they spend in SSR	Participate in the 'Power Down': <ul style="list-style-type: none"> <li>• Stage-appropriate lessons will be taught incorporating messages about inactivity and SSR use</li> <li>• Students will participate in SSR monitoring / homework</li> <li>• Students will participate in the 'Power Down Challenge Day' (and attempt not to access SSR)</li> </ul>	Commencing: Term 3 2010, WEEK 1	'Power Down' resources include: <ul style="list-style-type: none"> <li>• stage-appropriate classroom activities / lessons with teacher manual</li> <li>• monitoring / homework activities</li> <li>• 'Power Down Challenge Day' Wallchart</li> <li>• Tennis balls for all children participating in "Power Down"</li> </ul>
Raise parents' awareness of the amount of time children spend in SSR	<ul style="list-style-type: none"> <li>• Include articles in school newsletter about SSR use</li> <li>• Send information letter home about 'Power Down' challenge and encourage parents to participate.</li> </ul>	In the lead up to and during 'Power Down' including 'Power Down Challenge Day'	Resources for parents: <ul style="list-style-type: none"> <li>• Newsletter articles about SSR</li> <li>• 'Power Down' information letter</li> <li>• Parent brochure</li> </ul>
Students are encouraged not to access SSR during: [RECESS, LUNCH, BEFORE / AFTER SCHOOL, WET WEATHER, PE AND SPORT]	<ul style="list-style-type: none"> <li>• Identify what SSR students are accessing at school</li> <li>• Review if this is appropriate and/or necessary</li> <li>• Place restrictions on usage / encourage not to access SSR during these times. e.g. Students are not allowed to bring handheld electronic games to school.</li> </ul>	Commencing TERM 3 2010	Physical Activity Policy Template

