Be active Health and Physical Education Policy

Rationale:

This school promotes safe, physical activity habits in line with the Government Daily Activity Recommendations for South Australian Schools and Preschools and relates to the DECD wellbeing strategy. We believe that childhood and adolescence are important times for establishing life-long, healthy physical activity habits and can benefit students in three ways:

1. Short term: maximises growth, development, activity levels, good health and increased learning capacity
2. Long term: minimises the risk of sedentary related diseases later in life
3. A minimum of 60 minutes per day of physical activity contribute to good health and wellbeing and this is vital for positive engagement and enhancement in learning activities.

Curriculum

Our school’s physical education curriculum:

- Is consistent with SACSA’s Health and Physical Education and structured around three main strands of learning:
  - Physical activity and participation
  - Personal and social development
  - Health of individuals and communities

- Within the Physical Activity and Participation strand has two key ideas about:
  - Physical activity/fitness and
  - Skill acquisition and the strategies of games

- Integrates physical activity across the curriculum according to SACSA guidelines.
- Specialist PE teachers for a minimum of 2 hour lessons per week
- Daily movement sessions in classrooms including brain break sessions provided by the classroom teacher

The Learning environment

Children/students at our school:

- Have a variety of play equipment that is developmentally appropriate for students
- Appropriate play space for children is provided in the yard and under cover areas such as the school’s gym
- Are offered student organised and led lunchtime activity to participate in during play times twice a week
- Upper Primary participate in a Friday afternoon eat well be active session organised by class teachers and supported by our specialist teachers
- Play in a positive, supervised, appropriate social environment with staff who model healthy physical activity behaviours
- Utilises our school gym and activity room for physical activity and integrate this across the curriculum.

Our school:

- Minimises rewards/encouragements that are related to sedentary behaviours
- Understands and promotes the importance of physical activity for students
- Teaches the importance of regular daily activity as part of the curriculum and offers daily opportunities to participate

Equipment supply

Our school:

1 South Australian Curriculum Standards and Accountability Framework.
- Encourages healthy **movement activities** for children and students in line with the **eat well be active site plan**
- Provides a daily classroom sports equipment borrowing system for organised classroom activities. Provides classrooms with a variety of tidy, working order sports equipment that’s available at all times in class, students are encouraged to borrow equipment at playtimes through a class borrowing system
- Encourages sport choices which are representative of the sports of the school community and beyond
- Ensures a variety of sports are promoted and are culturally sensitive and inclusive
- Ensures healthy **school activities and events**
- Encourages a daily physical movement program in classrooms to:
  - Provide students with the required daily movement recommendations
  - Enhance their learning through the release of BDNF (brain derived neurotropic factor) (Kinoshita 1997)
  - Encourage life long habits towards daily movement.

**Equipment Safety**

Our school:
- Promotes and teaches safe equipment handling to students during movement learning activities
- Encourages staff to access training through ACHPER as appropriate to our **eat well be active plan** and associated daily movement recommendations
- Provides adequate facilities for everyone
- Models, promotes and encourages correct warm up and cool down procedures

**Physical Activity health support planning**

Our school:
- Liaises with families to ensure suitable classroom based activities for students with health support plans that are related to physical movement and social skills
  - E.g. heart conditions, arthritis, Asperger’s, autism, etc.
- Support children with Developmental Coordination Delays through a specialised Coordination Program

**Working with families, health services & industry**

Our school:
- Invites students, parents and caregivers to be involved in the review of our whole site be active policy
- Provides information to families and caregivers on the **eat well be active** strategy in a variety of ways including:
  - Newsletters
  - Policy development/review
  - Information on enrolment
  - Pamphlet/Poster displays
- Promotes and encourages fundraising based around physical movement
- **Displays daily movement information** and promotional materials about being active

Note: At Prospect North Primary School children/students with a complex physical/social disability will have a negotiated curriculum plan developed for the duration of that child’s involvement with the school. This plan will be developed and communicated to parents and staff.

Endorsed by Governing Council.

Signed: ____________________________________________

Date:_________________________