Para Hills JP

Staff session 29 November 2010

Physical activity 2011 and beyond……..
Physical Activity

- A combination of moderate and vigorous activities for at least 60 minutes a day is recommended.
  (national physical activity guidelines)
Achieving Health Promotion in Schools

What does a Health Promoting School look like?
• Supportive Leadership
• School Policy
• Development of a “team” or committee to drive health initiatives
• Conduct an “audit” of current health promoting actions
• Establish agreed goals and strategy to achieve them
-Continued-

• Health Promoting charter/policy/action plan

• Celebrate milestones/achievements

• Allow 3-4 years to achieve specific goals
Items for reflection/discussion…..

• Do you value physical activity and it’s benefits for both yourself and the children in your class?
• How often do you take your children out for physical activity?
• What is your intention/purpose of your PA program?
Items for reflection/discussion…..

• What does “Quality Physical Activity” teaching look like for you?
• What ways do you integrate Physical Activity with other curriculum areas?
• To what degree do you identify as a learner yourself? What areas does you need support in? Do you actively seek out PD opportunities for self development in this area?
2011 and beyond

• How is physical activity going to live at PHJP in 2011 and beyond (no PE teacher....)

• Some key words – *culture, whole school approach, shared commitment, ownership, drive from within*