



PHYSICAL ACTIVITY AND MOVEMENT POLICY

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Author	Sadie Vale
Approved By	Kerryn Quirk
Date Reviewed	New policy
Responsible for Review	Principal and Secondary School Nurse
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Purpose

Leadership and staff acknowledge the importance of physical activity and movement as essential for optimum physical development and establishing behavioural habits that are crucial to life-long health and wellbeing. This policy confirms our commitment 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.

As a health promoting school, we will support the physical activity and movement of students, staff and families through learning, policies, creating a safe and healthy physical and social environment, and developing community links and partnerships.

Policy statement

Background

Physical activity and movement for children and young people is recognised as essential for their optimum physical development, and for establishing behavioural habits that are crucial to life-long health and wellbeing.

Whole school engagement

It is recognised that every member of Rushworth P-12 College has an impact on students' health and can contribute to creating an environment that promotes physical activity and movement. All members of our school community, including staff, students, families, and volunteers, will be supported to meet this policy.

Definitions

Physical activity and movement: For the purposes of this policy and for the Healthy Schools Achievement Program, the 'Physical Activity and Movement' health priority area focuses on physical activity participation, fundamental movement skills and reducing sedentary behaviour.

Physical activity includes sport, incidental exercise, and many other forms of recreation. The Australian 24-Hour Movement Guidelines for Children and Young People (5–17 years) recommend a combination of moderate and vigorous activities for at least 60 minutes each day for children and young people (5–17 years old).

Active travel includes walking, cycling, scootering or any similar transport where physical activity is used to travel.

Procedures and responsibilities

Leadership and commitment

- Staff, families and students are involved in guiding the development and implementation of the whole school Physical Activity and Movement Policy and are seen as key partners in promoting and supporting physical activity and movement in the school.
- Staff, families and students are provided with information about policy requirements, with opportunities to provide feedback and input.

Healthy physical environment

- The layout of buildings and grounds and equipment encourages physical activity and movement all day and is inclusive of all students.
- Facilities support active travel and road safety for students, staff and families.
- Students are required to wear appropriate protective equipment during physical activity.

Healthy culture

- Diversity and cultural practices are considered when implementing this policy and physical activity and movement practices.
- Staff and families are encouraged to role model being physically active.
- Students are encouraged to be physically active across the school day and time that students are sedentary is minimised.
- Active travel is promoted and encouraged.

Student teaching and learning

- The school meets the curriculum requirements for physical education.
- Staff are supported to create active classrooms that incorporate opportunities for students to regularly move and be active when appropriate.
- Students are taught how to use equipment safely.
- Staff are supported to access professional development and resources about physical activity and movement.

Supported staff

- Staff are supported to be physically active and minimise sedentary behaviour, both inside and outside of work hours.
- Physical activity and movement information and policy requirements are included in staff orientation/induction.

Families and community partnerships

- Physical activity and movement information is provided to families and the wider community, such as information about minimising sedentary behaviour and strategies for increasing physical activity.
- Partnerships are established with relevant organisations and health professionals to support physical activity and movement practices where appropriate.
- Local parks, bike paths and recreation facilities are used and promoted where appropriate to encourage physical activity.
- We enable the community to use our school grounds and facilities for physical activity and recreation as appropriate.

Relevant legislation and policy documents

- [DET: Physical and Sport Education – Delivery Requirements](#)
- [Victorian Curriculum Foundation–10: Health and Physical Education Curriculum](#)
- [Education and Training Reform Act 2006](#)
- [Australian 24-Hour Movement Guidelines for Children and Young People \(5–17 years\)](#)
- [Australia’s Physical Activity and Sedentary Behaviour Guidelines for Adults](#)

EVALUATION:

This policy will be reviewed every three years by School Council as part of its review cycle.