



Physical Activity Policy

Barwon Valley School is committed to safety and wellbeing of all children and young people and has zero tolerance for child abuse.
(Child Safe Standards)

Barwon Valley school staff provide the opportunity for all students to participate in physical activity, regardless of ability.

They acknowledge the importance of physical activity in contributing to overall physical development and promoting behavioural habits crucial to life long health and well being.

This policy confirms our commitment to 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.

Policy statement

Background

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

Whole School Engagement

It is recognised that every member of the Barwon Valley School Community has an impact on student's health and contributes to creating an environment that promotes physical activity. All members of our community including staff, students, families and volunteers will be supported to meet this policy.

Definitions

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)

Procedures

Healthy Policies

- 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.
- Celebration days and fundraising activities reflect the Physical Activity policy and promote healthy lifestyle messages, such as walk to school, sports days and outdoor games days.

Healthy Physical Environment

- A range of play equipment and environments are provided, which encourage physical activity at break time, and before and after school. The equipment and environment cater for diverse ages, and the abilities and interests of all students.
- Students are encouraged to use appropriate and properly fitted protective equipment when participating in sport, such as helmets and shin guards.

Healthy Social Environment

- The school promotes physical activity in varied formats, which encourages inclusiveness and participation, in addition to performance.

- Staff and families recognise that they are role models and are encouraged to actively engage in physical activity and active travel

Learning and Skills

- Barwon Valley school 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.
- Members of staff are supported to access resources, tools and professional learning to enhance their knowledge and capacity to promote physical activity across the curriculum.

Engaging children, young people, staff and families

- Students are consulted about physical activity initiatives via student leaders, student surveys and other forms of student voice.
- 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.
- Families and students from culturally diverse backgrounds are engaged to ensure cultural values and expectations about physical activity are respected.

Community partnerships

- 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.
- 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.

Relevant accountability documents

- Australian National Curriculum: Health and Physical education document.

Related School policies.

- Staff Health and Wellbeing Policy
- Student Engagement, Inclusion and Well Being Policy

REVIEW CYCLE AND EVALUATION

This policy was last updated on Oct 2021 and is scheduled for review in Oct 2024.