



2018

# Sport and Physical Activity Policy



Valentine Public School



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## **SPORT AND PHYSICAL ACTIVITY POLICY**

Physical inactivity significantly increases the risk of cardiovascular disease, cancer and obesity. It is estimated to be responsible for 3.2 million deaths worldwide each year including 16,000 deaths per year in Australia. Physical activity has been shown to enhance cognitive performance, assist in developing social skills and increase the likelihood of focus and concentration during academic subjects in the classroom.

Primary schools play an important role in promoting healthy lifestyles. This policy incorporates a whole of school approach to teaching, modelling and promoting physical activity. It provides consistent messages to support students in meeting the Australian Physical Activity Guidelines.

### **The school will:**

#### ***1. Aim to teach quality PE lessons.***

- A dedicated scope and sequence for PDHPE that includes Fundamental Movement Skills is in place.
- Fundamental Movement Skills are explicitly taught during Physical Education lessons.
- PE lessons exhibit the SAAFE (Supportive, Active, Autonomous, Fair and Enjoyable) teaching principles
- Teachers aim for students to participate in moderate to vigorous physical activity (MVPA) for 50% of PE lesson time.
- PE is on the staff meeting agenda a minimum of once per term.
- Professional development opportunities for teachers include PDHPE.

#### ***2. Promote active playgrounds.***

- Playground markings are made available for all students to use during recess and lunch breaks.
- Physical activity equipment is appropriate and available for all students to use during recess and lunch breaks.
- Student leaders are trained to implement organised activities where appropriate.
- Safety standards for equipment are regularly checked and maintained as per the DEO Sport and Physical Activity Safety Policy for Schools.

#### ***3. School Sport***

- Students participate in 70-90 minutes of structured school sport time once per week.
- Opportunities are given within sport time to try a variety of different sports. In Years 3-6, sport choices will be allocated on a 'first in first served' basis via returning of permission notes (and payment where necessary).

#### ***4. Engage parents/carers and family members in school based PA.***

- Parents are invited to assist with school sport, PE, and carnivals/sporting events.
- Opportunities are provided for advertising PA outside of school hours in the local community.
- Teachers report annually on students FMS and fitness levels.

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### **5. *Classroom based opportunities***

- Teachers include energisers or opportunities for active breaks within class time.
- Teachers attempt to include integrated lessons that incorporate physical activity eg, with literacy or numeracy

### **6. *Have a functioning school PA committee.***

- The committee will meet once per term.
- The committee is responsible for overseeing the PA timetable, restocking equipment and making sure the PA policy is adhered to and remains up to date.
- All students participate in at least 150 minutes of timetabled PA (including PE and sport) per week.

### **7. *Representative Sport opportunities.***

- The school will provide opportunities for students to participate in trials for PSSA zone/regional/state teams in a variety of sports. Teachers will select students on merit to send to zone/regional trials based on knowledge of students' current out-of-school representative experience and will hold school trials with Year 5 and 6 students.
- The school will hold annual swimming, cross country and athletics carnivals to encourage participation by all students and to select students to send to zone carnivals. In the event that a student is engaged in another school related activity or is suffering illness/injury and is unable to participate at a school carnival, they may submit times/distances from 'out of school' organisations to the VPS school sport committee and attempt to gain selection to the school team to attend the zone carnival. STUDENTS WHO ARE UNAVAILABLE TO ATTEND SCHOOL CARNIVALS DUE TO ILLNESS/INJURY MUST SUBMIT A CURRENT DOCTOR'S CERTIFICATE WHEN SUBMITTING TIMES/DISTANCES. STUDENTS WILL NOT BE ABLE TO SUBMIT TIMES/DISTANCES IF ABSENT FOR ANY OTHER REASON BESIDE ILLNESS/INJURY OR OTHER SCHOOL-BASED ACTIVITY.
- The school will provide opportunities for students to participate in representative team sport knockout competitions including PSSA knockout and similar. Teachers will select students on merit and will hold school trials with Year 5 and 6 students. Year 4 students who have significant skill and experience may be considered at the organising teacher's discretion where there is a clear difference in skill level and/or experience between the Year 5 and 6 students and Year 4 students.

### **Equity:**

- This policy is based on principles of equity and inclusiveness to ensure that all students have opportunities to engage and participate in physical activity at school. Support will be provided for students who would otherwise miss out due to financial or other circumstances.

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- In line with the principles of equity, our school is committed to making sure Aboriginal students are able to participate in all school programs and activities relating to or **involving** PDHPE practices.

**Budget:**

- The school will make provision each year in its annual budget for professional development opportunities for the staff in regard to this area.
- The school will budget for physical activity resources that develop ongoing understanding of this area.
- The P and C will be asked to contribute a sum of money each year to help replenish equipment.

**Communication:**

- This policy will be agreed to by the school community, signed by the Principal and made available to parents, teachers and students. This policy will be communicated via staff meetings, school newsletters, school website, school orientation, P & C/P & F meetings, school notice boards etc.

**Responsibilities:**

- The Principal will be responsible for ensuring the requirements of policy, guidelines and relevant legislation are met and responsive to local needs, including cultural diversity.
- The School Champion and P&C/P&F will be responsible for supporting the Principal to meet policy requirements through the implementation of programs and practices consistent with the Guidelines.
- Teaching staff will be responsible for quality teaching of physical activity and supporting whole of school physical activity initiatives.
- This policy and related programs will be monitored and reviewed annually.