



# Black Hill Primary School

## Physical Activity and Movement Policy

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**achievement**  
program

### Purpose

Black Hill Primary School Leadership and staff, acknowledge the importance of physical activity 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 in some way
- 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 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 all members of Black Hill Primary School have an impact on students' health and can contribute to creating an environment that promotes physical activity. 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 focusses 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 Physical Activity and Sedentary Behaviour Guidelines 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:** Physical activity undertaken as a means of transport, not purely as a form of recreation.

## Procedures and Responsibilities

### Leadership and commitment

- This policy is shared with the whole school community on the school's website with opportunities for community members to provide feedback/input.
- This policy is ratified by school leadership and School Council and reviewed at least every 3 years.

### Healthy physical environment

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

### 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 delivers 60 minutes of explicit teaching of physical education and sport each week to all year levels based on the Victorian Curriculum.

- Staff are supported to create active classrooms that incorporate opportunities for students to regularly move and be active when appropriate (brain and movement breaks).
- Tubs of sporting equipment and lesson plans are available for staff and student use.
- Students are taught how to use equipment safely.
- Staff are encouraged to access professional development and resources about physical activity and movement.

At Black Hill Primary School, students are offered a range of additional sporting and physical activity opportunities throughout the year. Some of these include;

- Golf, tennis, netball, cricket and basketball clinics,
- Athletic carnivals,
- Swimming sports,
- Bike education,
- Colour Explosion, Walkathon, Inflatable World and Mini Mudder (whole school including staff participation)
- Kelly Sports,
- Winter sports,
- Camps (outdoor physical education),
- Open water experience,
- Active lunchtime clubs (Karate, Yoga and Boot camp),
- Cross country,

-Ride and Walk to School days and

- Interschool sports competitions.

### **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 through the Blueprint, whole school assemblies and the school website and Facebook page..
- 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**

- Australia's Physical Activity and Sedentary Behaviour Guidelines, 2017
- DET School Policy and Advisory Guide – Physical and Sport Education
- Victorian Curriculum Foundation-10, Health and Physical Education Curriculum
- Education and training reform act 2006
- Australian 24-Hour movement guidelines for adults

### **Related school policies**

- Staff Health and Wellbeing Policy
- Health and Physical Education Policy
- Traffic Safety Policy (Draft only)
- Student Engagement Policy
- Safe Environments Policy

**Endorsed by school council: June 2021**

**To be reviewed July 2024**