

# PHYSICAL ACTIVITY

## THE BASIN P.S. POLICY

### Rationale

Physical activity is associated with improved learning and concentration, better mood and behaviour, healthy growth and weight and lifelong health and wellbeing. We, our school community, can help students develop healthy habits to live, learn, grow and play.

### Aims

To promote the health and wellbeing of students by making physical activity a regular part of every child's day.

### Whole of school:

It is recognized that every member of The Basin Primary School community impacts on children's health and can contribute to creating an environment that promotes physical activity. All members of our school community including staff, students, parents and volunteers will be supported to meet this policy.

### Implementation

#### Healthy policies

1. Staff, families and students are involved in guiding the development and implementation of the Physical activity policy and are key partners in supporting physical activity in the school.
2. Staff, families and students are provided with information about policy requirements.
3. Fundraising activities reflect the physical activity policy and promote healthy lifestyle messages. Eg: walk-a-thon

#### Healthy physical environment

1. A range of play equipment and environments are provided, which encourage physical activity at break times and before and after school. The equipment and environment cater for diverse ages and the abilities and interests of all students.
2. Active travel to and from school is encouraged and promoted to all member of the school community. The school will provide facilities for the safe and secure storage of equipment that encourages active travel, such as bikes and helmets.
3. Students will be encouraged to use appropriate and properly fitted protective equipment when participating in sport.

### Healthy social environment

1. The school promotes physical activity, which encourages inclusiveness and participation, in addition to performance.
2. Staff and families recognise they are role models and are encouraged to actively engage in physical activity and active travel.

### Learning and Skills

1. The Basin Primary School complies with DEECD requirements in terms of timetabling of physical and sport education. Staff will ensure physical activity is incorporated into the curriculum, across a range of domains.
2. 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.

1. Students are consulted about physical activity initiatives via classroom staff, school newsletter and other representative structures.
2. Families and staff are provided on a regular basis with information, ideas and practical strategies to promote and support physical activities at school and at home.
3. An inclusive approach will be taken when planning all physical activity initiatives.

### Community partnerships

1. The school will work with health professionals, services and organisations to increase capacity to deliver and promote physical activity initiatives.
2. Students are actively encouraged to take part in after school physical activity programs.
3. 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.

### Evaluation:

This policy will be reviewed as part of the school's three-year review cycle.

Prepared by: Wellbeing Committee

Approval Date: February, 2015

Review Date: 2018

Signed: \_\_\_\_\_ (Principal)

\_\_\_\_\_ (School Council President)