The Rock Central School

Primary Physical Education Policy

Policy Statement:

The Rock Central School acknowledges that physical activity is essential to achieving and maintaining optimal health. Regular physical activity has many benefits, such as helping to maintain a healthy weight, and enhancing physical endurance, muscular strength and learning capacity.

The Rock Central School is committed to developing children’s fundamental movement skills and creating positive physical activity experiences for students, in order to encourage participation in regular physical activity throughout life. The Rock Central School recognizes the significant role of parents, families and the community in promoting children’s physical activity and limiting children’s sedentary and small screen recreation.

The Rock Central School aims to use a whole school approach to promote physical activity and assist students to develop fundamental movement skills, while discouraging sedentary small screen recreation.

This Policy aims to:

- Encourage children to participate in a variety of physical experiences and support children’s development of fundamental movement skills
- Endorse a school environment that promotes physical activity
- Encourage family involvement and inform them about the benefits of physical activity.

The Rock Central School will:

Teaching and Learning

Encourage children to participate in a variety of physical activity experiences and support children’s development of fundamental movement skills by:

- Ensuring all staff receive relevant and ongoing training in fundamental movement skills
- Ensuring the PDHPE program includes structured explicit teaching fundamental movement skills involving all stage groups
- Ensuring all students have access to a minimum of 120 minutes of planned physical activity as part of the PDHPE and sports programs
- Ensuring students have a diverse choice of activities in which they can participate
Providing opportunities for competitive, non-competitive, structured, and non-structured physical activity that encourages a range of fundamental movement skills

Providing opportunities for students to be involved in the planning and organization of physical activity

School Ethos and Environment

Endorse a school environment that promotes physical activity by:

- Ensuring playgrounds, playground markings and equipment are available for free play
- Providing adequate space, facilities, equipment and supplies to provide opportunities for students to be physically active
- Encouraging active play during lunch and recess.

School Community and Partnerships

Encourage family involvement in physical activity and inform them about the benefits of physical activity by:

- Encouraging family involvement with school activities
- Ensuring parents and the school community have opportunities to review, make comment and contribute to the school physical activity policy
- Providing information to parents on ways to engage in physical activity with their children outside of school
- Inviting parents to the school’s annual sports days
- Developing a school travel plan that incorporates safe routes to school and encourages active travel methods such as walking or riding a bike to and from school
- Providing opportunities for staff to engage in regular physical activity
- Working with community and sporting organizations to provide physical activity opportunities to students and staff
- Allowing the local community to use the school’s sports facilities after school hours

Date: ………………………………………………………………..

Signed: ……………………………………………………………..

(Principal)

To be reviewed July 2014