



EASTBOURNE PRIMARY SCHOOL

Physical Activity and Movement Policy

PURPOSE

Leadership and staff acknowledge the importance of physical activity and movement 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
- 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 and movement of students, staff and families through learning, policies, creating a safe and healthy physical and social environment, and developing community links and partnerships.

VISION

Eastbourne Primary School enhances children's progress by providing an engaging personalised learning approach through promoting a positive and safe environment, building respectful relationships and collaboration to achieve growth for all members of our school community.

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 every member of Eastbourne Primary school has an impact on students' health and can contribute to creating an environment that promotes physical activity and movement. 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 focuses 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).

HEALTHY PHYSICAL ENVIRONMENT

The layout of buildings and the expansive grounds and equipment encourages physical activity and movement all day and is inclusive of all students.

Facilities support active travel and road safety for students, staff and families.

Students are required to wear appropriate protective equipment during physical activity.

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 meets the curriculum requirements for physical education (see Appendix 1).

Staff are supported to create active classrooms that incorporate opportunities for students to regularly move and be active when appropriate.

Students are taught how to use equipment safely.

Staff are supported to access professional development and resources about physical activity and movement.

SUPPORTED STAFF

Staff are supported to be physically active and minimise sedentary behaviour, both inside and outside of work hours.

Physical activity and movement information and policy requirements are included in staff orientation/induction.

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.

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.

COMMUNICATION

This policy will be communicated to our school community in the following ways:

- Available publicly on our school's website

- Included in staff induction processes
- Included in staff handbook/manual
- Included as annual reference in the school newsletter
- Made available in hard copy from the school administration upon request

RELEVANT LEGISLATION AND POLICY DOCUMENTS

- [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 Children and Young People \(5–17 years\)](#)
- [Australian 24-Hour Movement Guidelines for Adults](#)

RELATED SCHOOL POLICIES

Student Engagement and Wellbeing Policy

Eastbourne Primary School statement of values and school philosophy - 2021

MONITORING AND REVIEW

This Physical Activity and Movement Policy will be monitored and reviewed by the staff, school council, student representatives and the health and wellbeing team at least once every three years.

REVIEW CYCLE

This policy was last updated December 2021 and is scheduled for review in November 2024.