



MILDURA WEST
PRIMARY SCHOOL
Making our Mark

Physical Activity and Movement Policy

Rationale:

Mildura West Primary School (MWPS) recognises the importance of promoting physical activity and reducing prolonged sedentary behaviours as essential for children's optimal physical, social and cognitive development, academic achievement and for establishing behavioural habits crucial to life-long health and wellbeing. 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) as well as breaking up long periods of sitting as often as possible.

Aims:

MWPS aims to support a whole of school approach to physical activity and movement that includes an active physical environment, school culture, student learning, supported staff and community engagement.

This policy confirms our school's commitment to:

1. An active school environment that supports students to be active throughout the school day.
2. A supportive school environment that creates and encourages opportunities for increased physical activity and reduced sedentary behaviour.
3. Health and wellbeing and learning outcomes of students, staff and families by integrating physical activity in the school environment and wider school community.

Implementation:

Healthy Physical Environment:

MWPS will provide a school environment that supports children to be active throughout the school day. Our active school environment will ensure the children have access to sports equipment during recess and lunch breaks and are able to freely engage in active play.

The layout of buildings and grounds and equipment encourages physical activity and movement all day and is inclusive of all students. To ensure safety, students will be required to wear appropriate protective equipment during physical activity (EG hats and shoes). Facilities are in place to support active travel and road safety for students, staff and families. Students who ride or scoot to school can store their bikes/scooters in a locked bike shed throughout the school day.

Healthy Culture:

Students will be encouraged to be physically active across the school day and the time that students are sedentary will be minimised. Diversity and cultural practices will be considered when implementing this policy.

Active travel will be promoted and encouraged throughout the school. MWPS will participate in school and local events such as:

1. Walk to School Day & Walk to School Month
2. We conduct our own Walking School Bus at least once a term.
3. Interschool sports
4. Athletics Day and House sports
5. Student clubs, lunch-time activities and Teacher vs Student fun days
6. Swimming
7. Visiting sporting coaches, practical lessons and incursions
8. School cross country event and
9. The School Council conducts a Walk-a-Thon as a fundraiser each year.

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These events promote the importance of being active to stay healthy. Staff and families are encouraged to role model being physically active. Teachers participate in walk to school activities and we conduct regular staff against student sporting matches.

Student teaching and learning

Integrating movement as part of learning will be achieved by implementing active lessons and active breaks across the day. We promote teaching children the importance of moving more and sitting less. 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. The school meets the curriculum requirements for Physical Education and employs a full-time Physical Education teacher.

Supported staff

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

1. Participating in regular staff against student sporting matches.
2. Being invited to join the Walking School Bus each term.
3. Joining in the school Walk-a-Thon and walk laps with students.
4. To ensure all staff are familiar with this policy and procedures, physical activity and movement information and policy requirements are included in staff orientation/induction.

Families and community partnerships

Staff will support families to be physically active by:

1. Conducting sessions for families on Open Nights where parents and students participate in games and activities with their children.
2. Encouraging the use of school grounds and facilities outside of school hours. Local parks, bike paths and recreation facilities are used and promoted where appropriate to encourage physical activity.
3. Providing physical activity and movement information to families and the wider community, such as information about minimising sedentary behaviour and strategies for increasing physical activity.
4. Establishing partnerships with relevant organisations and health professionals to support physical activity and movement practices where appropriate. Mildura West Primary School works with Mildura City Council and Sunraysia Community Health Services to support health promoting activities.

Evaluation:

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

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