



## Physical Education Policy

*As a health promoting school, we will support the physical activity of all students, staff and families by creating a safe and healthy physical and social environment and develop community links that support an active life style.*

### **Purpose:**

- Promote the importance of a healthy lifestyle, which includes being physically active every day.

### **Aims:**

- To provide a well-balanced and inclusive program
- To develop a positive attitude toward exercise and a healthy lifestyle.

### **Implementation:**

- Children in p-2 will be timetabled for 20-30 min of physical education 4 days a week in addition to their music program.
- Children in 3-6 will be timetabled for 2 hours per week including a max of 60min for sport and the balance dedicated to physical education.
- Mini physical exercises breaks are to be built into the daily classroom program.
- Provide an 8-10 day swimming program annually for all children p-6.
- Celebrate children involvement in out of school sport at assemblies and in the newsletter.
- Provide a bike education program for grade 3-6 biannually.
- Provide bike activities annually for all children p-6.
- The school will be involved in active travel initiatives such as walk and ride to school days.
- The school will provide a secure storage facility for bikes to encourage active travel.
- The school will investigate students in grade 3-6 cycling to events that can be accessed via the Chewton/ Castlemaine bike path.
- Student leaders will promote physical activity by organising 'School House' sporting events.
- Involvement in interschool activities via the Mt Alexander P.E Network
- School camps to have an outdoor education component when appropriate.
- Ensure that there is adequate sports equipment available for lunch and recess breaks
- Provide resources and professional learning opportunities for staff to refine their teaching skills in P.E
- A member of staff to attend P.E network meetings.
- Ensure play equipment meets all safety standards and is replaced when required.
- Apply for funding each term to run the 'Sporting Schools' program after school.
- Provide an environment that caters for a range of outdoor, active interests.
- The school will work with local health professionals, services and organisations to increase capacity to deliver and promote physical activity initiatives.

**Evaluation:** This policy will be reviewed as part of the school's 3 year cycle review. This policy was ratified by staff followed by school council on 14/6/2018