



# Cessnock West Public School

## Sport & Physical Activity Policy

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### **Purpose Statement:**

Cessnock West Public School aims to maximise students' physical activity by:

- Providing a minimum of 150 minutes of planned moderate with some vigorous activity across the school week
- Focusing on providing quality and active PE lessons, fitness and sport opportunities,
- Seeking additional and creative ways for students to be more physically active.

We will focus on the developmental needs of students, encourage high participation and engagement, emphasise fun and promote the importance of being physically active for a healthy lifestyle.

**Goal:** That *every child, every day* is physically active at school.

**School planning process:** This plan is linked to the following documents:

- Sun Safe policy
- Student Wellbeing Policy
- PD/H/PE scope and sequence
- Sport Policy

**Commitment:** This policy reflects Cessnock West Public School's commitment to:

1) helping students meet the Australian Government recommendations for 5-12 year olds of *at least 150 minutes, of moderate to vigorous physical activity every day.*

2) Meeting the NSW Government's "*Sport and Physical Activity in Schools Safe Conduct Guidelines*" to lead the development and implementation of a current and locally based Sport and Physical Activity procedures document.

**Equity Statement:** This policy is based on principles of equity and inclusiveness to ensure that all students have opportunities to engage in physical activity at school.

- Opportunities will be appropriate for children of all abilities.
- Denial of physical activity will not be inappropriately used as a disciplinary technique.
- Inadequate sport uniform will not be a reason for exclusion from physical activity.
- Physical activity will be affordable (or support provided for students who may otherwise miss out).

In line with the principles of equity, our school is committed to making sure Aboriginal and Torres Strait Islander and disabled students are able to access and participate in physical activity at school.

Fundamental Movement Skills (FMS)			
OUTCOME	STRATEGIES	WHEN	RESOURCES

## Cessnock West Public School – Sport & Physical Activity Policy

### Encourage physical activity for every child, every day

OUTCOME	STRATEGIES	WHEN	RESOURCES
That <i>every child, every day</i> is physically active at school including participation in class-time physical activity apart from PE and Sport.	Implement brief periods of physical activity during class on days where there is no other physical activity (e.g. PE or Sport) This will take the form of: <ul style="list-style-type: none"> <li>• Energisers/Engagement (e.g. 2-3 min active transition between lessons)</li> <li>• Active lessons</li> <li>• Active games</li> <li>• Physical activity / fitness sessions (NB. This is in addition to PE)</li> <li>• Warm up activities</li> </ul>	Each day commencing TERM 1 2017 E.G. A MORNING AND AFTERNOON ENERGISER OR AT THE APPROPRIATE TIME	Resources include: <ul style="list-style-type: none"> <li>• Active lessons (Syllabus documents)</li> <li>• Premier Sporting Challenge activities</li> </ul>

### PE / Sport

OUTCOME	STRATEGIES	WHEN	RESOURCES
All students participate in at least two hours of PE and sport each week	All students will be actively involved in weekly PE and sport, which will be: <ul style="list-style-type: none"> <li>• consistent with the spirit of the PDHPE syllabus</li> <li>• developmentally appropriate</li> <li>• based on high participation</li> <li>• fun</li> <li>• aimed at promoting physical activity as a means to achieving a healthier lifestyle</li> </ul>	E.G. SPORT ONCE A WEEK FOR 1 HOUR, PE LESSONS TWICE A WEEK FOR 25 MINUTES OR ONCE A WEEK FOR 50 MINUTES	<ul style="list-style-type: none"> <li>• Well maintained sports and PE equipment that is readily available to students.</li> <li>• Board of Studies syllabus documents</li> <li>• Professional development for staff</li> <li>• Premier Sporting Challenge activities</li> </ul>

All students are taught Fundamental Movement Skills (FMS)	All students will be taught stage-appropriate FMS through quality PE lessons	During weekly PE lessons, commencing TERM 1 2017	The following resources are available to all teachers: <ul style="list-style-type: none"> <li>• Board of Studies syllabus documents</li> </ul>
Teachers' confidence and competence to teach FMS is enhanced	Staff will be provided with regular professional development or opportunities to share skills in teaching FMS.	Regularly	<ul style="list-style-type: none"> <li>• <i>The DOE "Get Skilled, Get Active"</i> resources (manual and DVD)</li> </ul>

**ROLES AND RESPONSIBILITIES:**

- **The School Executive will be responsible for:** overall leadership of the initiative, updating the community and delivering information and resources to teachers, coordinating communication with parents and creating opportunities for FMS professional development / skill sharing.
- **The Principal will be responsible for:** supporting the School and implementing the physical activity initiatives.
- **Teachers will be responsible for:** implementing the physical activity initiatives, being physically active role-models, reviewing the DOE *"Get Skilled, Get Active"* resource and teaching high quality and active PE lessons focused on FMS.