

PHYSICAL ACTIVITY POLICY

BACKGROUND

Regular, moderate physical activity can reduce the risk of heart disease, type two diabetes and some cancers. Physical activity can make you feel good about yourself, increase energy levels, provide stress relief and encourage social interaction.

PURPOSE

Bendigo South East (BSE) College registered with the Achievement Program in 2018, with the aim to improve the health of the BSE culture, its staff and students by creating an environment where the healthy choice is the easy choice. BSE recognises and values the importance of physical activity in promoting people's health and wellbeing. BSE encourages and supports all staff and students to make healthy choices in relation to physical activity.

DEFINITIONS

Physical Activity & Movement: For the purposes of this policy and for the Healthy Schools Achievement Program, the 'Physical Activity and Movement' health priority area focusses on physical activity participation, fundamental movement skills and reducing sedentary behaviour.

Physical Activity: Any bodily movement produced by skeletal muscles that results in energy expenditure. This 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).

Active travel: Refers to non-motorised transport between destinations such as walking, cycling, scooting & skateboarding.

Sedentary behaviour: Any waking activity characterised by low energy expenditure.

PROCEDURES & RESPONSIBILITIES

Healthy policies

- This policy will be ratified by school leadership and reviewed at least every three years.
- This policy will be made available for the schooling community to view and provide feedback.

Healthy physical environment

- BSE has a 3 court stadium, a fully equipped gym, football oval, outdoor courts, Performing Arts Space, a large soccer pitch and open spaces where students can be physically active and utilise a range of sporting equipment throughout the day, which is available and accessible for all students to utilise.
- Speed restrictions during school times, footpaths and supervised crossings support active travel and road safety.
- Students are required to wear appropriate protective equipment during physical activity.

Healthy culture

- When implementing this policy and physical activity and movement practices, diversity and cultural practices are considered to ensure physical activity at BSE is inclusive of all students.
- Staff and families are encouraged to role model being physically active.
- The school stadium is available before, during and after school to encourage students to be active throughout the day.
- The school participates in the Ride2School day annually.
- Bike racks are provided to encourage students and staff to take active modes of transport to and from school.

Student teaching and learning

- Students participate in 100 minutes of physical education and 100 minutes of sport each week.
- Staff are supported to create active classrooms that incorporate opportunities for students to regularly move and be active when appropriate.
- In physical education and sport classes students are taught how to use different sporting equipment safely.
- Staff are supported to access professional development and resources about physical activity and movement.

Supported staff

- Staff have access to change room facilities and a fully equipped gym at school to encourage physical activity and minimise sedentary behaviour, both inside and outside of work hours.
- Physical activity and movement information and policy requirements are included in staff induction/orientation.

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.
- ADP Manager, ACA Manager, the Head of Sport and the Head of PE seek proactive partnerships 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.
- Our sporting facilities are available for the community to hire and utilise outside of school hours.

Relevant legislation and policies

- Australia's Physical Activity and Sedentary Behaviour Guidelines.
- DET School Policy and Advisory Guide- Physical and Sport Education.
- Victorian Curriculum Foundation-10, Health and Physical Education Curriculum.
- Child Safe Policies

REVIEW CYCLE

This policy was last updated on 29th July 2019, and is scheduled for review in July, 2022.

Approval required by School Council. Approved Date: 29.07.19