

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 hub 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 physical movement is incorporated into activities

As a health promoting hub, we will support the physical activity and movement of hub participants and children, staff and families through learning, policies, creating a safe and healthy physical and social environment, and developing community links and partnerships.

Policy statement

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 hub engagement

It is recognised that every member of **Dallas Brooks Community Primary School Community Hub** has an impact on Hub participants and children's health and can contribute to creating an environment that promotes physical activity and movement. All members of our hub community, including staff, hub participants and children, 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 24-Hour Movement Guidelines and the Australian Government recommends:



- [Infants \(under 12 months\)](#) have supervised interactive floor-based play, including crawling. For those not yet mobile, this includes at least 30 minutes of tummy time, which includes reaching and grasping, pushing and pulling, spread throughout the day while awake.
- [Toddlers \(1 – 2 years\) and Preschoolers \(3 – 5 years\)](#) spend 3 hours in a variety of physical activities, including energetic play, spread throughout the day.
- [Children and Young People \(5 – 17 years\)](#) have a combination of moderate and vigorous activities for at least 60 minutes each day.
- [Adults \(18 – 64 years\)](#) should be active most days, preferably every day. Each week, adults should either 2.5 – 5 hours of moderate intensity physical activity, 1.25 – 2.5 hours of vigorous intensity physical activity, or an equivalent combination of moderate and physical activity
- [Older Adults \(65+ years\)](#) should complete 30 minutes of moderate intensity physical activity on most, preferably all days.
- [For people with disability or chronic conditions](#), try to meet the physical activity recommendations for your age group. Any activity is better than none, and it's important to do activities that are appropriate to your ability.

For all groups, any physical activity is better than none. For those who currently do no physical activity, start by doing some, and gradually build up to the recommended amount.

Active travel includes walking, cycling, scootering or any similar transport where physical activity is used to travel.

Procedures and responsibilities

Leadership and commitment

- Staff, families, hub participants and children are involved in guiding the development and implementation of the whole hub Physical Activity and Movement Policy and are seen as key partners in promoting and supporting physical activity and movement in the hub.
- Staff, families, hub participants and children are provided with information about policy requirements, with opportunities to provide feedback and input.

Healthy physical environment

- Equipment encourages physical activity and movement all day and is inclusive of all hub participants and children.
- Hub participants and children 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.
- Hub participants and children are encouraged to be physically active while at the hub.
- Active travel is promoted and encouraged.

Hub participant and child learning

- Staff are supported to create active sessions that incorporate opportunities for Hub participants and children to regularly move and be active when appropriate.
- Hub participants and children 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 hub grounds and facilities for physical activity and recreation as appropriate.

Relevant legislation and policy documents

- [Department of Education: Physical and Sport Education – Delivery Requirements](#)
- [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 \(5–17 years\)](#)
- [Australia’s Physical Activity and Sedentary Behaviour Guidelines for Adults](#)

Related school policies (examples)

- Traffic/Road Safety
- Healthy Eating and Oral Health
- Student Engagement
- Staff Health and Wellbeing
- Safe Environments
- [Student Wellbeing and Engagement Policy](#)
- [Student Health Support Plan](#)
- [Health Care Needs Policy](#)
- [List of Other School Policies](#)

Monitoring and review

This Physical Activity and Movement Policy will be monitored and reviewed by the leadership staff, school council, and Hub Coordinator.

Endorsed by School council:



Date: 11/09/2024

Next review date: 13/09/2027

Appendix – Additional information

Appendix 2: Australian 24-Hour Movement Guidelines for Children and Young People (5–17 years)¹

For optimal health benefits, children and young people (aged 5–17 years) should achieve the recommended balance of high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day. A healthy 24 hours includes:

- Accumulating 60 minutes or more of moderate to vigorous physical activity per day involving mainly aerobic activities;
- Several hours of a variety of light physical activities;
- Limiting sedentary recreational screen time to no more than 2 hours per day;
- Breaking up long periods of sitting as often as possible;
- An uninterrupted 9 to 11 hours of sleep per night for those aged 5–13 years and 8 to 10 hours per night for those aged 14–17 years; and
- Consistent bed and wake-up times.

Activities that are vigorous, as well as those that strengthen muscle and bone should be incorporated at least 3 days per week.

Appendix 3: Australia's Physical Activity and Sedentary Behaviour Guidelines for Adults²

Physical Activity Guidelines

- Doing any physical activity is better than doing none. If you currently do no physical activity, start by doing some, and gradually build up to the recommended amount.
- Be active on most, preferably all, days every week.
- Accumulate 150 to 300 minutes (2½ to 5 hours) of moderate intensity physical activity or 75 to 150 minutes (1¼ to 2½ hours) of vigorous intensity physical activity, or an equivalent combination of both moderate and vigorous activities, each week.
- Do muscle strengthening activities on at least 2 days each week.

Sedentary Behaviour Guidelines

¹ Australian 24-Hour Movement Guidelines for Children and Young People (5–17 years)

<https://www1.health.gov.au/internet/main/publishing.nsf/Content/health-24-hours-phys-act-guidelines>

² Australia's Physical Activity and Sedentary Behaviour Guidelines for Adults <https://www.health.gov.au/topics/physical-activity-and-exercise/physical-activity-and-exercise-guidelines-for-all-australians/for-adults-18-to-64-years>

- Minimise the amount of time spent in prolonged sitting.
- Break up long periods of sitting as often as possible.