



This policy applies to all school events on and off site.

RATIONALE

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 school 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 relevant mandated requirements for physical education and sport are incorporated into the curriculum.
- 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

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

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 for Children and Young People (5–17 years) 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 includes walking, cycling, scootering or any similar transport where physical activity is used to travel.

SCOPE

It is recognised that every member of St Joseph School has an impact on students' health and can contribute to creating an environment that promotes physical activity and movement. All members of our school community, including staff, students, families and volunteers, will be supported to meet this policy.

LEADERSHIP COMMITMENT

Staff, families and students are involved in guiding the development and implementation of the whole school Physical Activity and Movement Policy and are seen as key partners in promoting and supporting physical activity and movement in the school.

Staff, families and students are provided with information about policy requirements, with opportunities to provide feedback and input.

HEALTHY PHYSICAL ENVIRONMENT

- The layout of buildings and grounds and equipment encourages physical activity and movement all day and is inclusive of all students.
- Facilities support active travel and road safety for students, staff and families.
- Students 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.
- Students are encouraged to be physically active across the school day and time that students are sedentary is minimised.
- Active travel is promoted and encouraged.

LEARNING & SKILLS

- The school meets the curriculum requirements for physical education.
- 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.
- Staff are supported to access professional development and resources about physical activity and movement.

OUR SCHOOL COMMUNITY

Engaging Students, Staff Members, Contractors, Parents & Carer's:

- 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.
- 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 school grounds and facilities for physical activity and recreation as appropriate.

RELEVANT 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 POLICIES

- SunSmart Policy / Sun Protection
- Uniform Policy

MONITORING and REVIEW

This Physical Activity and Movement Policy will be monitored and reviewed by the staff, school council, student representatives and the health and wellbeing team at least once every three years.

Appendix – Additional information

Appendix 1: DE: Physical and Sport Education – Delivery Requirements¹

Schools must conduct physical and sport education for the mandated time for all students in Years P–10 in government schools. The mandated times are:

Primary schools

- Prep–Year 3: 20 to 30 minutes of physical education per day.
- Years 4–6: 1 hour and 30 minutes of physical education per week and 1 hour and 30 minutes of sport per week.

Secondary schools

- Years 7–10: 100 minutes of physical education per week and 100 minutes of sport per week.

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

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 Adults³

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

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

Endorsed by school council: May 2025

Next review date: May 2028

³ DE: Physical and Sport Education – Delivery Requirements

<https://www2.education.vic.gov.au/pal/physical-and-sport-education-delivery-requirements/policy>

³ 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>

³ 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>