Mission Statement:
Chandler Public School aims to maximise students' physical activity by:
- integrating opportunities to be physically active throughout the school day,
- focusing on providing quality and active PE lessons 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 welfare policy, PDHPE scope and sequence, sport policy, Active After School Communities Program, and class program for the implementation of PE, fitness and sport.

Commitment: This policy reflects Chandler Public School’s commitment to:
1) helping students meet the Australian Government recommendations for 5-12 year olds of at least 60 minutes, and up to several hours, of moderate to vigorous physical activity every day.
2) meeting the Australian Government Active School Curriculum requirements of at least two hours of Physical Activity in the weekly curriculum for primary school children.

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 PE uniform will not be a reason for exclusion from physical activity unless the child’s clothing makes participation dangerous; eg open sandals or singlet top
- 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 students are able to access and participate in physical activity at school.

Communications and Parent Linkages: Chandler Public School will:
- Send the Get Skilled, Get Active, Go! brochure to all parents (/&or post on website)
- Regularly insert physical activity newsletter snippets in the school newsletter
- Participate in Premier’s Sporting Challenge
- Participate in Active After Schools Communities Program with parent and community coaches assisting or delivering the program
- Include physical activity information in school orientation packages
- Include physical activity as a regular agenda item at P&C meetings
- Organise physical activity days in which the community participate – eg Finlayson Cup Sports, billy cart races, bush walking, canoeing and archery

Dissemination: This policy will be agreed to by the school community, signed by the Principal and School Champion, and made available to parents, teachers and students. This policy will be disseminated via P&C meeting.
## CHANDLER PUBLIC SCHOOL Physical Activity Policy 2010

**Developed by:** Fran Brown, principal  
**To be reviewed:** 2012

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

<table>
<thead>
<tr>
<th>OUTCOME</th>
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</table>
| That every child, every day 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 (Go Time!) on days where there is no other physical activity (e.g. PE or Sport)  
This will take the form of:  
- Energisers - 2-3 min active transition between lessons  
- Active lessons  
- Active games  
- Physical activity / fitness sessions NB. This is in addition to PE which provides instruction in fundamental movement skills | At least once each day with activity sessions included in morning and afternoon sessions through the weekly timetable. | Go Time! resources include:  
- Energisers and Pedometer Activities (see Booster Resource Pack)  
- Active lessons (See Good for Kids folder and Booster Resource Pack)  
- Active / FMS games (See Playing for Life CD and Yulunga CD)  
- Classroom Physical Activity wall chart and stickers |

### Raise awareness of, and review Small Screen Recreation (SSR) use

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| Raise students’ awareness of the amount of time they spend in SSR | Participate in the ‘Power Down’:  
- Stage-appropriate lessons will be taught incorporating messages about inactivity and SSR use  
- Students will participate in SSR monitoring / homework  
- Students will participate in the ‘Power Down Challenge Day’ (and attempt not to access SSR) | Commencing: Term 2 – Week 4 | ‘Power Down’ resources include:  
- stage-appropriate classroom activities / lessons with teacher manual  
- monitoring / homework activities  
- ‘Power Down Challenge Day’ wall chart  
- Tennis balls for all children participating in “Power Down” |

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<tbody>
<tr>
<td>Raise parents’ awareness of the amount of time children spend in SSR</td>
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</table>
- Include articles in school newsletter about SSR use  
- Send information letter home about ‘Power Down’ challenge and encourage parents to participate. | In the lead up to and during 'Power Down' including 'Power Down Challenge Day' | Resources for parents:  
- Newsletter articles about SSR  
- 'Power Down' information letter  
- Parent brochure |

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<tbody>
<tr>
<td>Students are not allowed to access SSR during: recess, lunch, before / after school, wet weather, pe and sport</td>
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</table>
- Identify what SSR students are accessing at school  
- Review if this is appropriate and/or necessary  
- Place restrictions on access to SSR during these times. e.g. Students are not allowed to bring handheld electronic games to school. | On going procedure | Physical Activity Policy Template |
## Fundamental Movement Skills (FMS)

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| All students are taught Fundamental Movement Skills (FMS) | All students will be taught stage-appropriate FMS (as outlined in the DET “Get Skilled, Get Active” resource) through quality PE lessons. All teachers will have access to the DET “Get Skilled, Get Active” resource to assist with lesson planning, assessment and FMS practise. | During tri-weekly PE lessons | The following resources are available to all teachers:  
- The DET “Get Skilled, Get Active” resources (manual and DVD)  
- GFK’s “Teaching FMS” resource  
- Board of Studies syllabus documents  
- Yulunga Traditional Indigenous Games CD  
- Playing for Life CD  
- GFK’s Physical Activity folder insert |

## Teachers’ confidence and competence to teach FMS is enhanced

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<tbody>
<tr>
<td>Staff will be provided with resources and opportunities to share skills in teaching FMS.</td>
<td></td>
<td>On going</td>
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</tbody>
</table>
- The DET “Get Skilled, Get Active” resources (manual and DVD) 
- GFK’s “Teaching FMS” resource |

## PE / Sport

### Use if your school does not already have a PE / Sport policy - otherwise delete this section

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| 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:  
- consistent with the spirit of the PDHPE syllabus  
- developmentally appropriate  
- based on high participation  
- fun  
- aimed at promoting physical activity as a means to achieving a healthier lifestyle | Sport – once a week for 1 hour PE – 3 times a week for 20 min |  
- Well maintained sports and PE equipment that is readily available to students distributed by Sports Captains  
- The DET “Get Skilled, Get Active” resources (manual and DVD)  
- Board of Studies syllabus documents  
- Professional development for staff  
- Teaching FMS resource  
- GFK’s Physical Activity folder insert  
- Yulunga Traditional Indigenous Games CD  
- Playing for Life CD  
- Active After Schools Community Resources |

## ROLES AND RESPONSIBILITIES:
- **The School Champion will be responsible for:** overall leadership of the initiative, updating the Principal, disseminating 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 Champion and implementing the physical activity initiatives.
- **Teachers will be responsible for:** implementing the physical activity initiatives, being physically active role-models, reviewing the DET “Get Skilled, Get Active” resource and teaching high quality and active PE lessons focused on FMS.

**Signature:**  
Principal: ___________________  
Fran Brown  
School Champion: ___________________  
Lee Rose
## Chandler Public School Physical Activity Policy

### The School Environment

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| Encourage and provide opportunities for active play at recess and lunch including the provision of adequate supervision in the playground | Play ground duty roster  
Staff lunch table located in play area | On going  | Shade umbrella       |
| Ensure the physical environment is appropriate for promoting physical activity through access to equipment and facilities during school hours | Sports shed located in play area with access doors from playground and oval.  
Shelving constructed to ensure equipment stored safely and with easy access  
Play ground fixed equipment refurbished to be inline with current Australian standards  
Sand replaced with wet pour rubber soft fall | Jan 2010  |                       |
|                                                                        |                                                                             | Nov 2009 |                       |
| Encourage participation in town sports teams, extracurricular sport and active weekly school sport, as well as non-organised sport such as bush walking, skating, skipping, parachute games, bike riding, horse riding etc |                                                                             |          |                       |

### The School Community

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<tr>
<td>Parents and carers are provided with information about the physical activity that occurs in school and encouraged to be involved</td>
<td>Newsletter items, student report writing, photos, assembly items, recognition certificates, Premier’s Sporting challenge</td>
<td></td>
<td>• GFK Newsletter articles</td>
</tr>
</tbody>
</table>
| Promote and provide opportunities for after school physical activities and programs | encourage and support a teacher or community coach to coordinate an Active After-school Communities program at Chandler Public School.  
• Playing for Life CD  
• Yulunga Traditional Indigenous Games CD |
|                                                                        |                                                                             | Once a term |                                    |
| Encourage community members and to enrol in community coaching -        | Include fathers in AASC and team training eg touch, swimming,         | Since 2006 | • e.g. Active After School Communities  
‘Community Coach’ Training course    |                                                                                                    |